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VOLUME 15, NUMBER 51

WEDNESDAY, JULY 1, 1998

FIFTY CENTS

At-risk kids are area's No. 1 issue, study says

United Way uncovers greatest needs

By Scott Kelly
Staff writer

Youths in danger of falling prey to substance abuse, crime and violence is the most critical issue in the Tri-Cities area, a United Way study has found.

PART 1 OF 3

The United Way has dug up hard research to demonstrate how the No. 1 issue in the Tri-Cities area is at-risk children. "At-risk" has become a catch-phrase for people, especially children, who live in an environment where their physical, emotional and educational needs are lacking.

Because of various factors — such as poverty, parental neglect, abuse, substance abuse, lack of prenatal care, births to teenage parents or low birth weight — at-risk children are considered to be much more susceptible to such things as dropping out of school, using drugs and a host of criminal activities.

The United Way of Greater St. Louis and the Tri-Cities Area has developed the Planning Tool Kit for Health and Human Service Delivery in the Tri-Cities Area as the first step in meeting the needs of local people. The Tool Kit is the first such tightly focused

"We wanted to use the Tool Kit to help make a healthy decision on how to use United Way funds."

Jan Quarton

compilation of data the United Way has conducted in the Tri-Cities area. Jan Quarton, executive director of the Tri-Cities United Way, said that as the local organization developed its new relationship with the far-reaching St. Louis organization, they wanted to look at the strengths and needs of residents and social service agencies here.

"We wanted to use the Tool Kit to help make a healthy decision on how to use United Way funds," she said.

The group wants to get the "biggest bang" out of each dollar raised.

"Many of the target areas we ID'd are ones we are already involved in," she said. "It showed what we do well and what we can do

See STUDY, Page 2A



Calling for a winner

Opal Lozier, right, plays a game of bingo with a little help from Madison Middle School student Shontay Robinson, 10. The students of the middle school hosted a bingo game for the residents of Colonnades Nursing Home last week.

2 charged in alleged drive-by shooting

By Scott Cousins
Staff writer

Two Madison residents with a car full of guns are facing felony weapon charges after a recent incident.

Nakia Latham, 23, and Angela Hicks, 25, both of the 800 block of Lee Avenue, were charged June 26. They were arrested in the early morning on June 25 after an alleged drive-by shooting in the Lee Wright Homes area. Police found five guns, including an assault-style rifle and combat shotgun, in the car.

Latham was charged with one count each of unlawful possession of weapons by a felon, and unlawful use of a weapon. His bond was set at \$75,000.

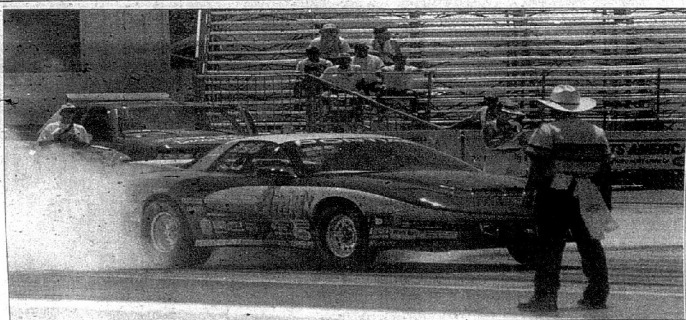
Latham has an extensive criminal record, including a conviction in January 1997 for unlawful delivery of a controlled substance.

Hicks was charged with one count of unlawful use of a weapon. Her bond was set at \$25,000.

Two other people in the car were not charged.

The incident reportedly started earlier in the evening with an argument between Latham and

See TWO, Page 3A



John Frese photos

Gearing up

Drivers heat up their tires before a race in the Sears-Craftsman Nationals, held Thursday through Sunday at Gateway International Raceway. The race was a National Hot Rod Association event.

MCT, Bi-State OK rate hikes

Public hearings attract few

By Scott Cousins
Staff writer

Fare increases for both the Madison County Transit District and the Bi-State Development Agency were approved last week.

The new fares were approved at last Thursday's MCT Board meeting and will take effect Aug. 3.

MCT held a series of public meetings on the proposed fare increases, but they attracted little attention.

Board Chairman and Granite City Mayor Ron Selph said the increases were necessary because of increased operating expenses.

"Obviously we haven't had a price increase for many

See MADISON, Page 6A

Census leaves city behind in count

Mayor: Numbers off by at least 20%

By Scott Cousins
Staff writer

A low count for the 1990 census probably cost the city of Venice millions of dollars, something city officials are hoping to avoid in 2000.

Mayor Tyrone Echols said he estimated the city's population — officially 3,460 — as undercounted by at least 20 percent, and they may have as many as 5,000 residents.

"I'd be willing to bet it was at least 4,400," he said.

The problem is that some residents are unwilling to correctly fill out the long form.

In a census, two types of forms are used. The short form asks for simple information on the number of people in the

See POPULATION, Page 2A

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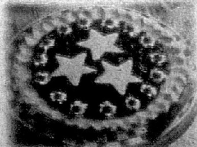
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Granite City Journal

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Colorful classic
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See Today's Food



ISSUE/UNMET NEED	TOTAL SURVEYS	VOLUNTEER BOARD	KEY LEADERS	AGENCIES
At Risk Children	1	1	1	1
Positive Youth Activities	2	4	2	2
Substance Abuse	2	3	3	3
Child Abuse	4	2	13	4
Family Violence	5	5	7	8

CITY	1990	1995	2000
Granite City	12633	13212	13355
Madison	2377	2352	2427
Venice	652	1003	1039
TRICITIES TOTAL	16662	16567	16821

TYPE OF CRIME	1995	1996	1997	% Change 1995-1997
Violent Crimes				
Homicide	9	8	8	-11%
Criminal Sexual Assault	230	189	207	-10%
Robbery	194	190	177	-9%
Assault	962	709	866	-10%
Battery (included with assault)	-	-	-	-
Property Crimes				
Burglary	2,459	2,538	2,185	-11%
Theft or Burglary from Vehicle*	8,363	7,962	6,956	-17%
Motor Vehicle Theft	697	666	726	4%
Drug Related Crimes				
DUI's	N/R	N/R	N/R	-
Juvenile Arrests	N/R	N/R	N/R	-
TOTAL	12,814	12,282	11,425	-11%

*Includes theft over and under \$300

N/R = Not Reported

Source: Granite City, Madison and Venice Police Departments, 4/98

How the United Way study was made

The Tri-Cities Area United Way used several different methods of collecting information to ensure they came up with a comprehensive picture of the area. They were:

- 1) Interviews — Several key community leaders were personally interviewed to determine what they considered to be the most health and human services issues and unmet needs.
- 2) Surveys — Four groups of individuals were mailed written questionnaires: 35 Tri-Cities Area United Way current board members, 26 members of the 1997 TCAUW All-locations Committee, 25 health and human services agencies receiving TCAUW funds and 19 agencies not receiving TCAUW funds. A total of 59 completed surveys were returned.
- 3) Focus groups — Twenty-three consumers of health and human services participated in three focus groups, two of adults and one of youths.
- 4) Statistics and demographic data — Data on demographic trends and statistics were gathered from a variety of sources, such as police departments and school districts, to provide a statistical snapshot of the Tri-Cities area.

5) "Best Practices" information — Literature reviews and evaluation studies were examined to identify programs proven to be effective in dealing with the issues or areas identified as the most serious.

The at-risk children and the need for positive youth activities are tied together, especially because the youth population (infant to age 19) is expected to be 17,000 by the year 2000. With all the problems that can make a youth be considered at-risk, the need for positive influences grows.

Study seeks best way to help at-risk children

Continued from Page 1A

better." The United Way used several different methods of collecting information to ensure they came up with a comprehensive picture of the Tri-Cities area. The five problem areas identified as the most serious were:

- 1) At-risk children.
- 2) The need for positive youth activities.
- 3) Substance abuse.
- 4) Child abuse.
- 5) Family violence.

"We weren't surprised at the (top five) problems — we all know that," Quarton said. What was really noticeable, however, was the way all five were closely related.

"They all deal with children, families and youths," Quarton said. The at-risk children and the need for positive youth activities are tied together, especially because the youth population (infant to age 19) is expected to be 17,000 by the year 2000. With all the problems that can make a youth be considered at-risk, the need for positive influences grows.

Of the 38 unmet needs the key leaders indicated, 15 relate to at-risk children, in areas such as truancy, dropping out of school and child neglect. The positive youth activities can be highly effective in reducing school failure and dropout, teen pregnancy and substance abuse, the Tool Kit states. The youths most at risk

Series schedule

Today — Study ranks pressing issues

Sunday — The next step

Wednesday — Making a difference

for these problems are from low-income households, with graduation rates falling in both the Venice and Madison School districts, but rising in Granite City.

All districts are experiencing a growing number of low-income students (see school district charts). Study participants ranked substance abuse as another serious problem, especially as it relates to local youths. Crime is often linked with substance abuse, the study states, and while crime statistics represent only a small portion of the impact substance abuse has on communities, they do demonstrate the seriousness of the problem.

Child abuse and family violence were the final two top

five issues, and because of their nature, are interconnected with the other three.

The study itself is not just for United Way purposes alone, Quarton said. It goes beyond health and human service agencies. Right now, the United Way has staff available to make presentations to any groups on the Planning Tool Kit.

For a copy of the study or more information, call the Tri-Cities Area United Way at 877-8780.

Part 2 of this series will appear in Sunday's Journal and will examine many of the solutions the participants and focus groups discussed and recommended for all the five most serious problems.

Population undercount costing city millions

Continued from Page 1A

household, while the long form asks more detailed questions. Many of those questions deal with housing conditions. "I think some people were afraid if they told the truth their houses would be condemned," he said.

Echols said some residents in public housing were also afraid to list the actual number of people living with them.

He pointed out that information collected by the Census Bureau is used only for census information, and cannot be passed on to law enforcement or other agencies. The city's concern is twofold. Because the population is undercounted, it receives less money from the state and federal government for such things as Motor Fuel Tax. The other concern is that the city might be eligible for some types of grants from the federal government because of the poor level of housing, but if

people do not honestly report their living conditions the city is not considered for the grants.

"We've lost millions over the last decade because of these under counts," Echols said. During the last census, he said they enlisted the help of

churches and other groups, something they plan to do again.

"Even with all of that, I'd bet that in terms of dollars, for a little town like that the effect is tremendous," he added.

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Published twice weekly by Suburban Newspapers of Greater St. Louis
 Advertising manager: **Carole Fredelking**
 Managing editor: **Scott Mandrell**
 City editor: **Scott Kelly**
 Copy editor: **Chris Waldvogel**
 Sports editor: **Toby Carrig**

Suburban Newspapers of Greater St. Louis

A Journal Register Company newspaper

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Becky Volin
 Staff writer

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Area team taking shape

Hazardous materials group slated for action Sept. 1

Becky Vollmer
Staff writer

The long-anticipated county hazardous materials team will be ready to respond beginning Sept. 1, officials say.

Approximately 65 firefighters from all corners of Madison County are joining forces, volunteering for a new team with the training and resources to respond to hazardous materials incidents.

The county has no such response team now, but three years of planning is set to come to fruition later this summer when the group becomes operational.

Beginning Sept. 1, firefighters from several communities will be on call and available to respond to hazardous materials incidents including chemical leaks or spills. Although such events are rare, they can be deadly, officials say.

"If it saves people's lives, someone's got to do it," said Jim Acra of Edwardsville

"It would be impossible for one department to buy all this equipment."

Jack Quigley

Head of the Madison County Emergency Services and Disaster Agency

Fire Company No. 1, the city's volunteer group.

Acra is one of 11 firefighters from the Edwardsville area — the largest delegation in the county — who will be participating in the program. Volunteers from other areas include Alton and Collinsville.

Perhaps the most valuable asset the response team will have is the county's emergency truck, a 38-foot-long truck equipped with level A suits, decontamination gear, air-monitoring devices and self-contained breathing tanks.

"Everything that's on this vehicle will be needed to respond to a hazardous materials incident in the county," said Jack Quigley, head of the Madison County Emergency Services and

Disaster Agency.

"It would be impossible for one department to buy all this equipment," he said. Assistant Fire Chief Tim Spaulding of the Alton Fire Department is one of five Alton firefighters participating on the team. He said a hazardous materials response team is necessary in the county because of the potential for spills or leaks at refineries or other industrial sites.

"In the event of a hazardous materials incident, it would certainly be nice to have someone to respond to it," Spaulding said. "This is a capability we've never really had in Madison County."

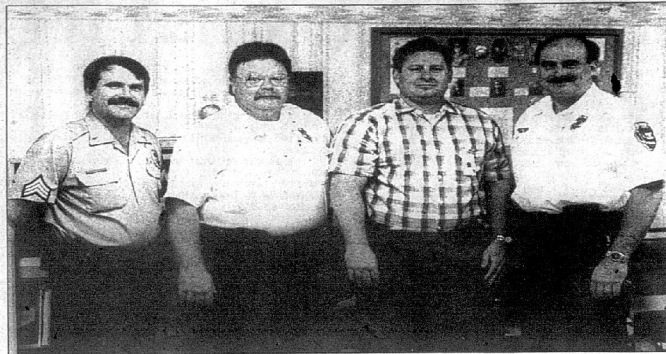
Two situations in Alton in recent years warranted responders with hazardous materials training and equipment. Spaulding said, including a truck carrying liquid nitrogen that had to be uprighted and an overturned truck leaking gasoline at the entrance to the Clark Bridge.

"That had the potential to be much worse than it was," he said.

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Scott Kelly photo

From left, Richard Werths, Timothy Lyerla and F. Ronald Landman Jr. are congratulated by Police Chief David Ruebhausen on their promotions to sergeant, lieutenant and captain, respectively.

Three officers are promoted

By Scott Kelly
Staff writer

Granite City Police Department has promoted three more officers to fill a gap made by a retiring captain.

GRANITE CITY Promoted Wednesday were Richard Werths, to lieutenant; Timothy Lyerla, to captain; and F. Ronald Landman Jr. to captain.

Capt. James Lengyel retired June 19 after 27 years of service. He is the second captain to retire this year, after Capt. Dennis Chennault stepped down in May, and Steve Willard, Rich Miller and Mike Murgich were promoted to captain, lieutenant and sergeant, respectively, to fill that hole.

"We've had two promotions within two months. It caused a little commotion with six promotions," said Police Chief David Ruebhausen. The retirements and promotions are due to a natural course of events, he said, but departments rarely have two captains retire this close together.

"Both (Lengyel and Chennault) were outstanding officers, and I wish them well in retirement," Ruebhausen said.

Werths, Lyerla and Landman have been with the department for years.

Werths, 37, is an 11-year veteran, and has served as both a patrol officer and a departmental juvenile officer in the Detective Division. He is also a departmental instructor in a variety of fields.

Werths previously served as a night shift patrol officer and now moves to a supervisory capacity on the night shift. A lifelong Granite City resident, Werths is married and has two children.

Lyerla, 43, is a 21-year veteran of the department. He is also a departmental instructor and a traffic crash reconstructionist. Originally beginning with the department as a telecommunicator, has served with distinction in the Patrol Division during his tenure.

Lyerla will now serve as one of the department's four watch commanders. A lifelong resident of Granite City, he is married and has one child.

Landman, a 15-year veteran, has served in a variety of functions with the department, including the Detective Division, Undercover Investigations and Uniform Patrol Division.

Landman now assumes command of the Detective Division. Also a lifelong resident, he is married and has one child.

Two charged in shooting

Continued from Page 1A

another man at a Venice liquor store, and escalated when the Latham allegedly sought retribution. Venice Police Chief James Newsome said. He said the other person reportedly involved in the earlier altercation lived in Lee Wright Homes.

According to police reports, at about 2:34 a.m. Wednesday, an officer patrolling on Baucum Avenue heard gunshots from the area around Lee Wright Homes. As he was heading to the scene, a witness told him that Latham had been shooting and had left the area in a car with three other people.

The officer stopped the car a short time later.

During the stop, Latham came out of the car with his back to the officer, when he turned around his hand was at his waist. According to reports, the officer then drew his weapon and repeatedly ordered Latham to show his hands. After Latham complied he was taken into custody.

The other three occupants — including the driver, Hicks — were also placed under arrest.

Inside the vehicle, police found a "blue garment bag" containing a 9 mm rifle, a 12-gauge assault-style shotgun (a shotgun with an extended magazine tube, cut stock and pistol grips). Two loaded 9 mm Ruger and one .25 caliber handguns were found inside the car, along with two full-faced ski masks.

Several full magazines were also recovered from the car, and spent shell casings were found at the scene.

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News

Residents show support for center

By Ande Yakstis
Staff writer

People ages 14 to 94 marched through downtown Edwardsville Saturday to muster support to save the Madison County Nursing Home and Sheltered Care Home.

"We're sending a message to the Madison County Board that there is strong public support to keep open the nursing and sheltered care homes," said Debbie Groeteka of Maryville.

Groeteka was an organizer of the "ramble." An estimated 75 supporters paraded from the Madison County Administration Building carrying signs proclaiming "Time is Short. Save the County Homes" and "Dignity for the Elderly."

Ruth Polson of Glen Carbon circulated petitions among the marchers.

"We already have 1,000 signatures of people who want to keep the county homes open," Polson said.

Walkers urged people to rally July 14 at a hearing of the Illinois Department of Health on Madison County's application to close the two homes at the end of November.

A state official will preside over the hearing at 10 a.m. at the Edwardsville High School auditorium.

"Some of the older folks have lived at the

nursing and shelter care homes for 20 years," said Steve Hoehn of Dorsey. "It's their home. It's all they know. It's sad to force them to leave."

Max Shaffer of Glen Carbon wore a patriotic Uncle Sam suit with a tall stovepipe hat trimmed in red, white and blue stars and stripes.

"It's shameful that in such a prosperous county we maintain a humane shelter for animals, but we're not humane enough to keep the homes to take care of our older people," Shaffer said.

Alton 4th Ward Alderman Fred Young and his wife walked among the marchers.

Gay Simpson of Edwardsville blew the trumpet along the four-block march from the county Administration Building to the First Christian Church, 310 S. Main St.

"We're thrilled that there are people from all walks of life and all ages in the walk for the county homes," Groeteka said.

Thomas Marrone, 14, an Edwardsville High School sophomore, walked near 94-year-old Carl Groeteka who rode in a wheelchair in the hot, humid, 93-degree morning.

"It's shameful to close the nursing home," said Carl Groeteka of Glen Carbon, who marched with his wife, Cele. "I'm 94 years old and I understand the feelings of older folks. I'm worried where the poor people will go if they're turned out of the nursing home."

Obituaries

Imogene Graham
IMOGÈNE L. (WIRLE) GRAHAM, 89, of Glen Carbon, died Sunday, June 21, 1998, at Anderson Hospital in Maryville.

Mrs. Graham was born May 12, 1929, in Mulberry Grove, Mo. She was retired from National Food Store as head checker and was a member of the Protestant faith.

Survivors include her husband, Joseph Graham; one son, Aaron Graham of Glen Carbon; two daughters, Karen Novosel of Berlin, and Sandra Clark of Pocahontas; one brother, Max Wehrle of Mulberry Grove; one sister, Mary Harris of Mulberry Grove; nine grandchildren; and four great-grandchildren.

She was preceded in death by her parents, Herbert and Louise (Miller) Wehrle.

Services were Wednesday, June 24, at Irwin-Scott Chapel in Glen Carbon, with the Rev. Rose Hermen officiating. Burial was in Sunset Hill Cemetery in Glen Carbon.

Thelma Koler

THELMA L. KOLER, 74, of Granite City died Saturday, June 27, 1998, at St. Elizabeth Medical Center in Granite City. She was born March 8, 1924, in Maize, Mo.

Mrs. Koler was a member of the Word of Life Tabernacle and retired as a cook for Brand's Restaurant.

Survivors include her son, Emmett Bryant of Hawkinville, Ga.; one daughter, Linda Barker of Granite City; one sister, Mary Suwan of Holla, Mo.; five grandchildren; and 11 great-grandchildren.

She was preceded in death by her parents, Shelby and Flora (Browning) Wiggins; two sons, Ronnie Bryant and Earl Lee; and one sister, Ruby Singleton.

Services were Monday, June 29, at Werner Chapel in Granite City, with the Rev. Henry Crippen officiating. Burial was in Sunset Hills Cemetery in Edwardsville.

Ada Morgan
ADA R. (REEVES) MORGAN, 92, of

Granite City died Wednesday, June 24, 1998, at her residence. She was born May 30, 1906, in East St. Louis.

Mrs. Morgan retired from the Granite City Army Depot as a file clerk, and was a member of the Sewey Avenue Methodist Church.

Survivors include her daughter, Shirley Batson of Troy; one sister, Ida Ramsey of Granite City; 10 children; 13 great-grandchildren; and one great-great-grandchild.

She was preceded in death by her husband, Louis Morgan; her parents, Harry and Elvira (Hagler) Reeves; and two children, Sonny Morgan and Mary Leaser.

Services were Saturday, June 27, at Thomas Mortuary in Granite City, with the Rev. Greg Barnett officiating. Burial was in Sunset Hill in Glen Carbon.

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By Nicole Van Staff writer

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News

Games attract athletes, dollars to Metro East

By Nicole Vaughn
Staff writer

If you thought you were hot this weekend, imagine running the bases, going for a pass or sprinting down the track.

Thousands of athletes did

that and more at 25 area locations during the Prairie State Games. The 15th annual event started Friday and ended Sunday. This was the fourth consecutive year for the games to be held in the area following a several-year run in northern Illinois.

"There were an awful lot of people involved, and it just gets bigger every year," said

Mark Westhoff, president of the Southwestern Illinois Tourism Bureau.

The games featured Olympic-style competition with participation divided into several regions. Men and women in a variety of age categories from high school age and up competed for medals.

But, the more than 7,000 athletes weren't the only ones in competition. There was another race, but this one was

among spectators: the dash to find a motel room.

"There were no motel rooms anywhere," Westhoff said. "We were sending people out as far as Vandalia, Nashville and Okawville."

The shortage of rooms was due not only to the games but to the National Hot Rod Association's drag-strip racing taking place at Gateway International Raceway in nearby Madison. The events mean not only revenue for

motels, but also for restaurants and retail chains.

"When people stay, they also have to eat and usually they shop," Westhoff said.

Both events provided their share of those activities in the area, pumping a total of about \$15 million into the local economy.

Westhoff said the preliminary numbers put the economic impact of the Prairie State event at about \$4 million, and the weekend's races at

Gateway between \$7 million and \$11 million. The other good thing about both events is that neither was deterred by the scorching heat that lasted all weekend.

"It doesn't seem to hurt anything," Westhoff said. "Everybody seems to show up anyway."

While the Prairie State Games historically have been a summer event, organizers announced a chill for this year. There is discussion of adding winter games, Westhoff said.

Houseplant Tips from the experts at

FRANK'S

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Where Beautiful Things Begin

During the 1970s, the popularity of houseplants literally exploded. And, after all these years, their popularity has not subsided, it's actually increased.

Why are plants so high on the list? They do many things to improve the quality of our lives. They make our living spaces more inviting, they're good therapy for many of our ailments, and possibly most importantly, they help clean the air of all sorts of undesirable pollutants. Plants provide both physical and psychological benefits. Add it all up and you come up with the fact that they're good for you!

As you might guess, caring for houseplants is different than their outdoor counterparts. Outside, plants are at the mercy of the weather. But indoor plants, unless your roof is in dire need of attention, the climate they thrive in is under your control.

The most important factor in choosing houseplants is the amount of light they will receive. Some plants require more light than others, but every plant needs some. You could pamper your plant night and day, water and feed it like clockwork, but if it's in a place that's too dark, it will all be for naught.

When choosing plants, you have two options: Choose a location for a particular plant or a plant for a particular location. The latter choice is easiest.

Plants are classified according to the amount of light they need for good growth. Low light is found in areas that receive no direct light, such as that from a north-facing window. Medium light is two to three hours of direct sunlight each day. East- and west-facing windows usually provide medium light, as will a south-facing window with a sheer curtain. High light is at least six hours of direct sunlight every day, and south-facing windows are the only places in your home you'll find it. Keep in mind that awnings, shades, blinds, trees, shrubs and the like can all reduce the

amount of light coming in any window.

A quick way to determine the average light level for a particular location is to hold your hand 12 inches above a sheet of white paper. If your hand casts no shadow, or just a very faint one, light intensity is low. The darker and more defined the shadow, the higher the light level. If the light level is very low, you can always add artificial lighting.

The two most common types of lighting in the average household are incandescent (light bulb) and fluorescent (light tube). Bulbs emit wavelengths heavy on the red end of the spectrum and should only be used as supplemental light. They also get quite hot and can burn leaves if they're placed too close.

Fluorescent lights produce light over a wider range of the spectrum—mostly in the blue and violet range—and can be used as the sole light source for growing plants.

The differences in color aren't all that apparent to the naked eye, but if you have a video camera, you'll be able to see it. Set the camera manually for outdoor light and tape a couple of short segments indoors, one with incandescent light and one with fluorescent light, without changing the camera's setting. When you play the tape back, you'll see a noticeable difference in the color.

We'll have more houseplant tips in the near future, so watch for them.

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Madison County Transit District, Bi-State approve rate hikes

Continued from Page 1A

years, and costs continue to go up, so it's one of those necessary raises," Selph said. "There were hardly any objectors at the hearing, I think most people understand that we have to increase costs."

The rate increase will be about 25 cents on most services. However, a special fare for elderly, disabled and children means that many people will not be affected by

the increases. Shuttle fares will increase to 50 cents from 25 cents; county fares to \$1 from 75 cents; metrobus fares to \$1.25 from \$1; and express fares to \$1.50 from \$1.30.

Elderly and disabled fares will be half the normal fare. Local paratransit fares — through ACT — would remain unchanged, while cross-county paratransit trip fares will rise to \$2 and St. Louis trips would rise to \$2.50.

About 60 percent of MCT's customers will be paying more for their trips.

The new fare system generally follows increases in Bi-State's fares.

Bi-State's new fares represent the first increase in Bi-State's fees since 1991. The fare restructuring will increase to \$1.25 for a one-way adult cash fare on local and express Bi-State buses and light rail service operated in St. Clair County and Missouri, and on Bi-State buses serving Madison County.

A one-way reduced fare ticket will increase from 50 to 60 cents.

Bi-State representative Tom

Sturgess said the new rates are necessary because of an anticipated \$9 million gap in revenue and expenses. "We haven't found any other way to close that gap," he said.

Sturgess said fares make up about 25 percent of the agency's revenue. He said much of the problem was shrinking federal funding for

operating costs. In the 1970s, he said the U.S. government provided approximately \$24 million annually to operate the bus system.

By the 1980s that subsidy had decreased to about \$10 million, and this year they expect to receive only \$800,000 for operating expenses.

"I think most people understand that we have to increase costs."

Ron Selph

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Milestone

Valerie (Brinker) celebrated a birthday
Mike Barton Jr. birthday June 28.
Bonnie Jackson birthday June 28.
Louise Favier birthday June 28.
Beth Cline birthday June 28.
Billy Temple birthday June 28.
Frank Dutko birthday June 29.



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Milestones

Valerie (Brinker) Slover celebrated a birthday June 28.
Mike Barton Jr. celebrated a birthday June 28.
Bonnie Jackson celebrated a birthday June 28.
Louise Favier celebrated a birthday June 28.
Beth Cline celebrated a birthday June 28.
Billy Temple celebrated a birthday June 28.
Frank Dutko celebrated a birthday June 29.

Alta Carpenter celebrated a birthday June 29.
Otis and Geri Peacher celebrated their wedding anniversary June 29.
Gerald and Ruth Sugg celebrated their wedding anniversary June 29.
Diana Turner celebrated a birthday June 29.
Davis Bridick celebrated a birthday June 29.
Terrance Alfaro celebrated a birthday June 29.

Alan and Diana Nancy celebrated their wedding anniversary June 29.
Rose Gum celebrated a birthday June 29.
Tracey and Gabrielle McElroy celebrated their wedding anniversary June 29.
Sherri Scrum Finke celebrated a birthday June 29.
Eleanor Armour celebrated a birthday June 30.
Raymond Burris celebrated a birthday June 30.

Angela Grupas celebrated a birthday June 30.
Michelle Myatt celebrated a birthday June 30.
Katie Marshall celebrated a birthday June 30.
Monica Ozanich celebrated a birthday June 30.
Gina Carter Hill celebrated a birthday June 30.
Vernon L. Skipper celebrated a birthday June 30.
Leah Carpenter celebrates a birthday today, July 1.

Lee and Tisha Sloan celebrated their wedding anniversary today, July 1.
Caitlin Elizabeth Stacy celebrates a birthday, today, July 1.
Bryan Shaw celebrates a birthday July 2.
Richard A. Mendez Jr. celebrates a birthday July 3.
Helen Mueller celebrates a birthday July 3.
Jesse Parker celebrates a birthday July 3.

Joe and Micky Wallace celebrate their wedding anniversary July 3.

To submit an item to Milestones or delete an entry, send a postcard to "Milestones" Granite City Journal, 1815 Delmar Ave., Granite City, IL 62040.

Please notify the paper if a person listed in Milestones has passed away or no longer wishes to be listed.

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Mental health and substance abuse disorders can tear apart families, cause people to lose their jobs, impair day-to-day living and take

away the simple pleasures of everyday life.

The good news is that help is available and it is confidential. Advances in treatment and easy access to services offer hope to millions of Americans.

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To request your Medication-Medical Information cards, call Memorial's Community Relations Information Request Line at 257-5599 and leave your name and mailing address.



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Art Voellinger
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Sports

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Give them a break

IHSA should be ashamed of rules in state high jump

"When you've gotta go, you gotta go." How often in your life have you heard that expression?

How well I recall watching a Little League baseball game with my parents years ago and my mother commenting on the energy of the left fielder who was jumping up and down in his position between pitches.

"He's hoping for the third out because he's got to go potty," I told Mom before adding the

"when you've gotta go..." I thought of such recently while considering the plight of Journal Female Athlete of the Year Jamie Tyler of O'Fallon, who finished third in the 1998 girls' class AA state high jump finals, and a concern of the World Tennis Association.

In both cases the topic is the bathroom break, and regarding Tyler, the Illinois High School Association should be ashamed of the way it runs its girls high jump event at the state tournament.

You see, as the parent of a former Class A state high jump champ (daughter Beth won in 1993), I found out after the fact what an endurance test the track event can be.

"It took about two hours to determine a winner each year, and I didn't leave the area at any time," said Beth, who recalled drinking much water and hiding from the sun beneath an umbrella at Eastern Illinois University track at Charleston.

For defending champ Tyler, the weather was not as hot this spring, but the risks were the same in that when she entered the competition at the

5-foot-8-inch height with the fewest misses, she still could not afford to leave the track.

"She told me she had to use the restroom, but with just three girls remaining, she could not afford to be absent when they called her," said Richard McCamack, Jamie's high jump coach at O'Fallon.

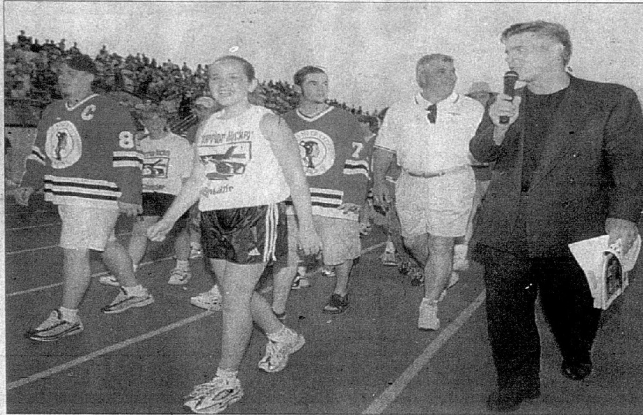
"As far as I know," continued McCamack, "had she not been available to jump at 5-4, she would have lost her turns at that height and been required to clear 5-9."

The result was that Tyler competed, failed at 5-8 and finished third behind the champ and runner-up who cleared that height.

Come on IHSA, give the girls a break. There's plenty of room to place a portable potty (Johnny on the spot — if you wish) near the high jump competition to permit the girls quick relief without worrying about an abuse of the privilege as has become the case in pro tennis.

According to the WTA, women are allowed two bathroom breaks during matches while men are permitted one in best-of-three matches and two in best-of-five Grand Slam events.

Apparently, some officials think the bathroom break lends to strategy, as was the case in the recent French Open when Russian Anna Kournikova was denied a break after she fell behind 4-1 in her final set with Jana



Mark Bonebrake photo

Opening ceremonies

KTVI sportscaster Pete Peterson and members of the Granite City hockey club take part in the opening ceremonies for the Prairie State Games last Friday. The three-day competition, all conducted in southwestern Illinois, was designed to showcase some of the top amateur athletes in the state.

Region 11 wins gold; Region 10 settles for bronze

By Scott-Marion Staff writer

The gold-medal matchup didn't materialize, but both local scholastic women's volleyball teams finished the Prairie State Games on a winning note.

The Southwestern South (Region 11) team, comprised of players from St. Clair and Clinton Counties, defeated Blackhawk North 15-4, 15-10 in Saturday's championship match.

The Southwestern North (Region 10) squad, comprised mostly of players from Madison County, beat North Shore 15-9, 15-9 in the bronze-medal match.

"We serve-received extremely well and we passed the ball well," said Region 11 coach Jeff Juenger. "That was my concern going into the tournament, but we did exactly what we needed to do."

"We didn't practice one as a group, but the more we played together, we gelled really well. These kids all knew each other from playing club ball. The Germantown and St. Rose kids (who play at Mater Dei and Breese Central

high schools) play together all the time."

Region 11 was 3-0 in pool play, defeating West Central South II Blue-Gray and Blackhawk North. Southwestern South advanced to the gold medal match with a 15-9, 15-7 victory against North Shore.

Three Region 11 players — Freeburg's Beth Middendorf, Mater Dei's Emily Johnson and Mascoutah's Ember Knobloch — left Saturday for California to play for Juenger's 16-and-under Game Face team in the Davis Cup tournament. Region 10's Lauren and Adrienne Norbury from Collinsville were also on the Game

Face squad, while Region 11's Alicia Wuebels (Mater Dei) plays for a 16-and-under team.

"I have to finish packing today," said Middendorf, who will be a senior at Freeburg, after the title match. "I'm so excited. It's an 18-and-under tournament and we're 17, so it will be tough competition."

"This was definitely good practice for California. We haven't had time to practice a lot during the summer because most people are in other sports. All the girls out here have so

See VOLLEYBALL, Page 3B

Region 10 unbeaten but shut out of championship

Settles for bronze; coaches upset about pool play tiebreaker

By Karen Vartanian Staff writer

Despite not losing a game, the Region 10 Southwestern North Scholastic women's

soccer team had to settle for the bronze medal Sunday

after blanking Region 12 Southern 2-0.

Region 10 and Region 9 West Central South played to a 0-0 tie Saturday and were both 2-0-1 heading into Sunday's action.

But Region 9 had scored more goals than Southwestern North and therefore advanced into the gold medal game.

"We didn't lose," said Region 10 coach Terry Mitchell. "The reason we didn't advance is they blew out the other team (Blue-Gray No. 2, 13-0) and we didn't. We pulled players off the field and didn't blow the other team out."

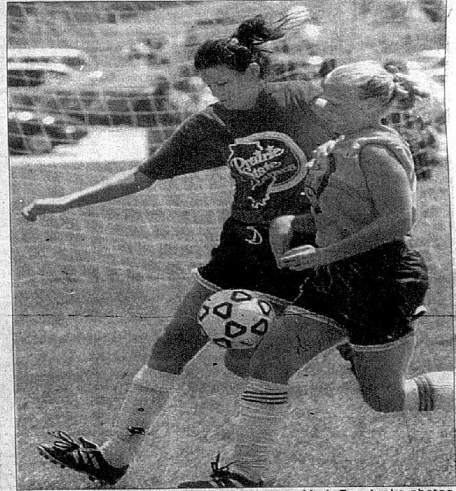
I have a real problem with that. I just think that's poor sportsmanship.

"I would not have done it any differently because you just don't do that to teams, especially in a tournament like this when they struggle getting teams to come here, nobody wants to be here to be blown out 15-0."

Tasha Siegel (Collinsville) registered both goals in the bronze-medal game, hitting Region 10 to victory.

"Everybody played well," said Mitchell, who coaches the team with her husband, Eric Mitchell. "The whole team did good. It wasn't just one person. We had all really great players."

Terry Mitchell was pleased with her unit's overall play at



Mark Bonebrake photos

AT LEFT: Southwestern North's Cara LeMaster (Collinsville) gets control for her team with a header; AT RIGHT: Region 10's Shannon Roth (Granite City) battles a Southwestern South player for control of the ball.

Southwestern North bounces back to grab bronze

By Karen Vartanian Staff writer

The Region 10 Southwestern North open men's soccer team rolled to the bronze medal at the 15th annual

Prairie State Games Sunday,

blowing Region 8 West Central North 6-0.

The contest was played at the Southern Illinois University-Edwardsville/Edwardsville Area Soccer Complex.

Granite City graduate Matt Little paced the Region 10 attack with two goals.

Fellow Granite City alumni Jared Embrick and Travis Mills also added scores, while Alton graduate Matt Mader posted another goal, leading Southwestern North to an easy victory.

"Everybody just kind of gave up on their team after the first few goals," Little said. "It's nice to win. It feels

good. Everyone put in 100 percent and we came out with a victory."

Up 2-0 early in the second half, consecutive goals by Little ballooned the lead to 4-0. Region 10 was coming off a

See SOCCER, Page 3B

See BREAK, Page 4B

See UNBEATEN, Page 3B

Sports

Prairie State Games

Prairie State Games

Results

(Sunday)

ARCHERY

Scholastic male

Olympic bow

Gold: Gavin Bunner.

Compound fingers

Gold: Matt Shively. Silver: Justin

Schmidt.

Compound release

Gold: Aaron Glasperich. Silver:

Michael Heitz. Bronze: Jesse Wilkin.

Scholastic female

Olympic bow

Gold: Nicole Metzger. Silver: Kate

Lewelling. Bronze: Tania Washburn.

Compound release

Gold: Kaitlyn Kuchebro. Silver:

Janie Wilkin.

Open male

Gold: Bob McCutcheon. Silver:

Eddie Filer. Bronze: Mike Filer.

Long bow

Gold: Michael Halton. Silver: Jim

Shively.

Recurve

Gold: Mark Williams. Silver: Jim

Shaner. Bronze: Gary Popp.

Open female

Gold: Judy McCutcheon. Silver: Deb-

bie Wilkin.

Compound release

Gold: Jennifer Popp. Silver: Diana

Hoffarth.

Masters female

Recurve

Gold: Eva Fuller.

Masters male

Compound release

Gold: Terry Wunderle.

Traditional recurve

Gold: Tom Sherman.

Open

Gold: Eric Tibba.

Traditional recurve

Gold: Harvey Fitzsimmons. Silver:

Scott Polston.

BASEBALL

Semifinals

East Alton 11, West Chester 9

Waterloo 15, Murphysboro 2

Gold medal game: Waterloo 14, East

Alton 4

Bronze medal game: Murphysboro 5,

West Chester 4

Gold medal game

Waterloo 14, East Alton 4

EAST ALTON 201 22 - 4 9 2

WATERLOO 227 21 - 14 15 9

EAST ALTON: Cowan 1-3, Briggs 1-3,

Anwar HR RBI 2, Collins 1-3, Schultz 2-2 RBI,

Trotter 1-2, L'Heung IP-4, H-R, R-10, ERA,

RBI 2, SO-3.

WATERLOO: Jim Wahlig 2-3 2B RBI, Fiala

1-4 2B RBI 2, Wirth 2-3 2B RBI 2, John Wah

10 3-3 2B, Anderson 2-2 RBI, Johnson 1-3

RBI, Moehrs 1-2 2B RBI, Baxmeyer 2-2 HR

RBI, WHIP-4, IP-4, H-R, R-10, ERA, SO-2.

BASKETBALL

Scholastic men

Semifinals

Windy City 86, Southwestern South

80

Southern 106, North Shore 102

Gold medal game: Southern 97,

Windy City 92

Bronze medal game: North Shore

135, Southwestern South 118

Open men

Semifinals

Southwestern South 83, W. Central

South 79

Blackhawk South 86, Blackhawk

North 79

Gold medal game: Southwestern

South 110, Blackhawk South 95

Bronze medal game: Blackhawk

North 96, W. Central South 87

Scholastic women

Semifinals

Windy City 70, Southwestern South

66

North Shore 74, Southern 64

Gold medal game: North Shore 70,

Windy City 68

Bronze medal game: Southern 67,

SW South 65

Open women

Semifinals

Southwestern South 82, Wilcox 78

W. Central North 88, Southern 68

Gold medal game: Southwestern

South 83, W. Central North 74

BOWLING

Junior boys

Gold: Matthew Jones. Silver: Kellan

Miller. Bronze: Jason Gomez.

Junior girls

Gold: Whitney Water. Silver: Aman-

da Gomez. Bronze: Brittney Stein.

Major boys

Gold: Michael Smallwood. Silver:

Joe McGarry. Bronze: Tristan Choat.

Major girls

Gold: Carole Shiffman. Silver: Renee

Kosowski. Bronze: Amanda Sch-

kowsky.

Adult men

Gold: Mike McIntyre. Silver: Randy

Choat. Bronze: Robert Bates.

Adult women

Gold: Andrea Rhoda. Silver: Jenni-

fer Monken. Bronze: Rosemary Hogue.

Senior men

Gold: Terry Hogue. Silver: Robert

Dedee. Bronze: Norm Monken.

Senior women

Gold: Mandy Monken. Silver: Leona

Zobrist. Bronze: Chandra French.

DORBS Cardinals Team of the Week



The Atom baseball team sponsored by Wm. Nobbe & Co. won a Memorial Day weekend tournament at Waterloo Sports Complex with eight local teams from District 19 participating. Members of the team are (from left to right): In front — A.J. Krump, Timmy Kutterer, Matthew Linnemann, Jared Davis, Timmy Schrieber, In back — Devin Wierschem, John Thomas, Paul Budde, Josh Kruse and Tim Vogt.

Reg

By Karen V.
Staff writer

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Region 10 comeback fails short in title game

By Garen Vartanian
Staff writer

Region 2 North Shore held off a late second stanza rally to post a 4-2 verdict and claim the Scholastic Men's soccer gold medal Sunday at the 15th annual Prairie State Games. Action was conducted at the Southern Illinois University-Edwardsville/Edwardsville Area Soccer Complex. Trailing 4-0 late in the second half, Jeff Rhymmer (Collinsville) scored for Region 10, paring the North Shore lead to 4-1. Just a few minutes later, an Ian Kessel (Granite City) goal snipped the deficit to 4-2. North Shore, however, held on for the two-goal decision.

North Shore builds 4-0 advantage, holds off Southwestern North rally

"We were pushing strong in the end," Southwestern North coach Norm Seim said. "But it was a little too little and a little too late. We should have been tied at the half. We had chances in the first half that we squandered away." Up 2-0 at intermission, scores from Brian Mack and Greg Gullinson swelled the Region 2 lead to 4-0. Region 10, which was in pool B, finished PSG

competition at 3-1.

In the Scholastic Men's bronze-medal game, Region 11 Southwestern South slipped past Region 8 West Central North 3-1 on penalty kicks. Following 40 minutes of regulation and two overtime sessions, Sean Ackley (Belleville East), Nick Carr (Mascoutah) and Justin Judisack (O'Fallon) each recorded penalty

kicks, helping Region 11 capture the bronze. Goalkeeper Owen Seibel (Belleville East) also made some key saves during the PKs. "I think the kids realized that it was a great opportunity to play for a bronze medal," said Southwestern South coach Gary Carr, whose club was in pool A. "Sometimes teams let down. West Central North from the very beginning was ready to play and our kids were, too. Everyone came ready to play today. These kids are all really pretty hard-core soccer kids. They put a lot of time in it."

While Carr would have liked the gold, he was very satisfied capturing the bronze medal.

"They wanted to do well," he said. "They're achievers." Southwestern South recorded a 3-1 ledger in the PSG.

Region 10 rolls to another gold

Continued from Page 1B

Dowdy (Granite City) early in the second stanza. Lynda Bowers, who is from Anchorage, Alaska, and attends Southern Illinois University-Edwardsville, assisted on the goal. Shortly thereafter, Dellbringer—who plays soccer at the University of Kentucky—assisted Deana Wallace (Collinsville) on a header, increasing the lead to 2-0.

"We did that all tournament," said Region 10 coach Gene Briggs. "We scored early in the second half every game. That does give a little

momentum. But it's by design. We come out with a plan and these girls are able to finish. 0-0 at halftime doesn't bother me because that's what we want. They don't have any goals. We know we're going to score. We have enough firepower, enough confidence that we're going to score. Camie Bechtold (Alton) and Dowdy later contributed insurance scores that secured Region 10's gold medal. "The competition was quite good this year," Briggs said. "I don't think this is any type of hollow medal." Overall, Briggs said defense has been Southwestern North's staple the past four years. "You look at the fact that we've given up five goals in four years—that's

defense," said Briggs, whose unit outscored three opponents 13-1 this weekend. "There's nothing else to it. It's total team defense with a commitment to win." Another key is Region 10—which came out of Pool A—does not have any real weakness. "We've got both Bechtold's (Camie and Carrie)," Dowdy said. "We're strong in the back. We're strong in goal. We're strong up top. We don't really have any weaknesses. Everybody's strong. Everyone just kind of clicks together. It's a team effort. It's just neat that everybody knows that we really come out here and we try hard and we try to win first and that's what we want."

Volleyball team from Region 10 wins bronze

Continued from Page 1B

much experience, even though we had only one Prairie State Games practice." Other members of the Southwestern South team were Meesa Olah from Belleville East and Carrie Polthast. Chrisa Polthast and Cristal Leonard, all from Central.

Southwestern North, meanwhile, bounced back from a three-game semifinal loss to Blackhawk North to beat North Shore for the bronze. "We hoped to get to see Jeff Juenger's team in the finals, but we missed by two points," said Region 11 coach Stacey Coffman, a former player at McKendree College and Bethalto Civic Memorial High School. "Our first game (against Blackhawk North in an 8 a.m. match Saturday) was horrible. You could tell the girls were tired and we lost 15-1. But we came back to win the second game (15-5) before losing the third (16-14).

"We should have closed that game out early. We had the lead, but we just didn't come through. We played (North Shore) yesterday and pretty well dominated them. We used some substitutes. It was nice to get some girls more playing time."

Unlike some teams in their division, Region 11 had plenty of bench strength. Coffman's squad had 12 players available Friday and 11 on Saturday. "Karen Boyd (Triad) did a great job at the net and Olivia Rowe (Edwardsville) had some nice blocks," said Coffman, whose team was 4-0 in pool play. "Our setter was Lauren Norbury and her sister Adrienne played well in the back row, as did Cheryl Briddell (Collinsville). We had some excellent passing. We tried to mix it up to use our strongest players in their strongest areas."

Region 10 and Region 11 placed second and third, respectively, in scholastic men's volleyball.

Soccer squad from Region 10 bounces back for bronze

Continued from Page 1B

wrenching 2-1 double-overtime setback to Region 2 North Shore in Sunday's semifinals. Tied 1-1, Jude Eliacin's score from roughly 30 yards away vaulted North Shore into the gold-medal game, where

they lost to Region 9 West Central South. Four players received red cards in the semifinal contest. "It was a little disappointing, I guess," a drained Little said of not getting to play for the gold medal. "Everyone was pretty much disappointed, I think, after the (semifinal) game but everybody came out and played well. It's just hard

emotionally to come back. It's kind of tough. You'd rather be in the gold-medal game. But you've got to do what you've got to do and it feels good to win." "We had a good team. We had a lot of good players. We should have won," Region 10, which played in Pool A, went 3-1 over the weekend.

Unbeaten team denied title shot

Continued from Page 1B

the Prairie State Games. For the event, Southwestern North, which competed in Pool B, finished 3-0-1.

"They played great the whole weekend," said Mitchell. "They got together, played

well from day one together. I told them this, this is the best team all-around that I've ever coached at Prairie State ever. All-around, they were wonderful together. They got along."

Terry and Eric Mitchell are stepping down after 11 years of Prairie State Games coaching.

Break needed in IHSA track event

Continued from Page 1B

Novotna. "We'd been playing for an hour and 40 minutes, Kournikova explained. When I read that, I thought of the young ballplayers, the high jumpers, and, of course, "when you've gotta go..."

Extra innings

Arizona Diamondbacks outfielder Brent Brantley of Trenton was a part of history this season when he caught the

With the bases loaded and the Diamondbacks leading 8-6, Arizona manager Buck Showalter walked Giants slugger Barry Bonds intentionally to force in a run and get to lighter-hitting Brent Mayne, who fled out on a 3-2 pitch to Bredre in right field to end the game in San Francisco.

The intentional walk to force in a run was the first in the major leagues since July 23, 1994.

Soccer Briefs

The Granite City Lady 80 Elks girls soccer team will conduct tryouts for players born between Aug. 1, 1985 and July 31, 1986 at 5 p.m. on July 7, 9 and 14 at the Granite City campus of Belleville Area College. All candidates must wear a white shirt and shin guards. Players must bring a size 5 information or a rain date, call 931-3053 or 931-8207.

Elks 88, a 11 soccer team, will conduct tryouts for players born on or after Aug. 1, 1987, at 5 p.m. on July 10 and 9 a.m. July 11 in the Granite City Elks complex at Belleville Area College. All candidates must bring a ball, birth certificate and photograph. For more information, call 931-4270.

For information on Low Fuzing Soccer Club tryouts, call the following coaches: Boys U-8, Christopher Tuzim, 962-9248 ext. 10 or Page 601-8294; Boys U-10, Don Popovic, 752-7888; Boys U-11, Don Popovic, 752-7888; Boys U-12, Roger Ship, 947-1842, or 931-4270.

Roger Dake, 240-8406; Boys U-12, Mark Mathis, 441-6691, or Henry Pecherak, 532-8109; Boys U-15, Steve Bell, 997-7577; Boys U-14, Don Popovic, 752-7888; Boys U-15, John Sanders, 434-8635; Boys U-16, Tony Kidd, 644-2782; Boys U-17, Don Popovic, 752-7888; Boys U-18, Dan Leahy, 931-8692; Girls U-10, Tom or Mary Jo, 928-3352; Girls U-12, Cliff Albena, 405-174, or John Pohl, 861-228; Girls U-14, Carol Brown, 838-4392; Girls U-14, Bill Thompson, 89-894-8922, or Popovic, 752-7888; Girls U-14, Steve Kaver, 928-4305; Girls U-15, Steve Kaver, 928-4305, or Girls U-18, Steve Kaver, 928-4305.

The Granite City Elks under-11/1986 girls soccer team will conduct tryouts for players born between Aug. 1, 1987 and July 31, 1988. Tryouts will be July 2 and 9 (6-8 p.m., each night) at Belleville Area College in Granite City. Players should bring a No. 4 soccer ball and wear a white T-shirt. For information or pre-registration, call 931-9119.

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The Duplex Homes of Eden Village is a division of Eden Village, a non-profit organization affiliated with Eden United Church of Christ. Eden Village also offers Apartments, The Lane Center, a skilled nursing care center with an Alzheimer's Unit, and the new rehabilitation Therapy Center.

Business

K of C Hall named area's first "Clean Air Facility"

Commair, Inc. St. Louis, a regional distributor of Honeywell Air Filtration Products, has announced that the Granite City Knights of Columbus Hall has become the first area "Clean Air Facility."

This new program allows a commercial business that installs and maintains the proper number of Honeywell Air Cleaners to be certified as a "Clean Air Facility."

"Bingo Halls are notorious for their poor air quality," said Ingenthron, President of Commair. "It's a real problem that the people involved at the Knights Hall have made a commitment to address." The facility is housed in a 12,600-square-foot area that is part of an old school. The Knights of Columbus purchased and adopted the facility to their use 14 years ago. At this time, they installed 18 "Electronic"-type

air cleaners in the Bingo Hall and three more in the lounge. These were considered state-of-the-art at the time. But times have changed.

"We first decided to look at new systems when renovating the lounge earlier this year," said Bill Bronnauer, building manager. "Our primary concern there was aesthetics; we didn't want the old brown boxes hanging from the ceiling." After looking at several systems, they decided on the Honeywell F111, based primarily on a recommendation from another Knights Hall in O'Fallon. They had replaced old Honeywell Electronics with another brand that made the problem worse, and replaced them with the new F111's. They have been very pleased with the results.

The dramatic results in the lounge got everyone in Granite City thinking about the Bingo Hall. They knew that the old

electronics were less than perfect. Besides being unsightly, there was the constant maintenance (at least eight more hours per week), high noise (and complaint) factor, and marginal results. A test performed by Ingenthron showed the new units in the lounge operating at over 90-percent efficiency while the old electronics showed only 25-percent effectiveness at removing smoke.

"We did a financial analysis and determined that even though the Honeywell units were more expensive than other systems, we could pay them with the revenue from just one extra player per bingo," said Bronnauer. "With that and Commair's 30-day, money-back guarantee for performance, the decision was easy."

Early results are better than anyone had hoped for. "The first night the new system, the

air was as clear at 10 p.m. as at 4 p.m.," before bingo started," said Bronnauer. "I've already spoken with 2 customers who we lost because of the smoke before. They're back and happy with the new system. If all we do is keep them, we've doubled our investment." And they hope now to get back some of the volunteer workers they lost due to the past air quality

problems.

The Model F111 is one of several types of air cleaners developed for the commercial market by Honeywell. Its state-of-the-art three-stage filter system uses the best combination of gas and particulate filters available to remove airborne contaminants. They offer significant advantages over the traditional electronic units, including

drastically reduced maintenance, lower sound levels, and much greater efficiency. In addition, they remove not just particulates but also gasses which can be a major source of odors.

Commair Inc. was founded in 1988 as a Full Service Distributor of Honeywell air cleaners products. It can be reached at (314) 962-0057.

Woods attends state workshop

Charlyn G. Woods, from the Venice Public Library in Venice, joined librarians from public libraries from throughout the state at Western Illinois University in Macomb for a week-long series of workshops presented by the Illinois State Library, a division of the Office of Secretary of State George H. Ryan. The institute was held June 7-12.

"This was an opportunity for some of the librarians working on rural areas and far corners of the state to network with peers and gain up-to-date knowledge in the areas of customer service, budgeting, law, grant writing, community and public relations," said Bridget Lamont, State Library Director.

Sponsored by a federal grant administered by the Illinois State Library, the institute offered sessions on the latest technology, library issues and the role of the local public library in community development. This year, 42 library directors and assistant directors attended the fifth annual institute.

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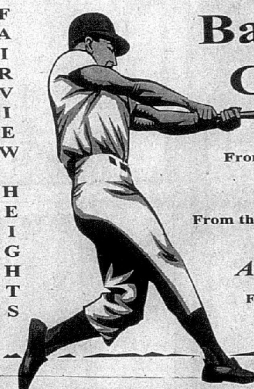
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The Suburban Journals July 5th issue will have the complete exhibition and official game schedule for the Bi-State Area.



World Baseball Night
at
Busch Stadium
July 13, 1998



World Baseball Night at Busch Stadium on July 13, 1998 is a team effort by Coca-Cola Bottling Company of St. Louis and the St. Louis Cardinals to provide the participants of the World Baseball Championship an opportunity to have dinner in Busch Stadium, participate in a parade on the field prior to the game and then stay and attend the Cardinals and Reds game.

With the Cardinals help we are able to offer \$11 tickets for a special price of \$5.50 to the public.

If you are interested in buying tickets to the July 13th Cardinals game against the Reds and save 50%; please call Jeannie at 618-397-9361.

Opening Ceremonies

August 11, 1998 10:00am

Longacre Park, Fairview Heights, Illinois

Gold Medal Game

July 19, 1998 *** 5:00pm

Legion Field

Longacre Park, Fairview Heights

Bronze Game at 1:00pm

Cardinal Youth Camps tie in with World Baseball Championships

With the help of Greg Mathews and his Major League Training Center, Longacre Park will be filled with Cardinals on July 18-19, 1998.

Greg Mathews will be holding two baseball camps in Fairview Heights on July 6-9, 1998 and the special Cardinals Fantasy Camp on July 18-19.

Ray Lankford will visit Longacre Park on July 18-19 as a Special Guest Appearance to the Cardinals Fantasy Baseball Camp. For information call: 314-926-7305

Fairview Heights Sporting Goods and Baseball Card Show

For two days the Local Organizing Committee (LOC) of the World Championships has arranged for equipment manufacturers and retailers to exhibit and sell their equipment during the World Championships on July 18 and 19, 1998 at Longacre Park in Fairview Heights.

There will also be a Baseball Card Show for all ages. Autograph sessions with retired Cardinals will be all day long. Special visit by Ray Lankford.

Card Show and Sporting Goods Show is from 10:00am-6:00pm on both July 18-19, 1998.

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Community calendar

Editor's note: The community calendar contains items for July 1-7 only. Weekly events run during the first and third weeks of the month only.

Church

GENERATION JESUS YOUTH GROUP, led by youth minister, 5 to 8 p.m. every Sunday at Namecki United Methodist Church, 1900 Pontoon Road.

JESUS EVERY THURSDAY (JETS), led by the music director, is for kids 3 to 11 years old. Meets from 7 to 8:15 p.m. Thursdays. Music/Bible

study and fun at Niedringhaus United Methodist Church, 20th and Delmar. Mom's Bible study and share group meets at the same time as children. For more information, call 877-4555.

TEMPLE BAPTIST CHURCH Adventure Club, an after school activity for grades 4-6, meets 3:30 to 5 p.m. Tuesdays at the church, 1900 Harris St. For more information, call 452-0273.

Community

MITCHELL FIRE PROTECTION DISTRICT 2 regular monthly board meeting is 7 p.m. the second Tuesday of each month, at 5123 Mary-

ville Road, 931-6521.

MADISON COMMUNITY ACTION GROUP meets at 7 p.m. every Wednesday. For more information call Dan at 452-2336 or Diane at 876-1390.

MADISON COUNTY GENEALOGICAL SOCIETY meets 7 p.m. second Thursday of each month, at Immanuel United Church, 800 N. Main, Edwardsville.

EDWARDSVILLE KENNEL CLUB 7:30 p.m. second Thursday of each month, Hayes Mallory Community Building, 216 Crane St., Edwardsville, open to public.

EAGLES AUXILIARY 1126 BINGO 1 p.m. every Sunday at the Namecki BINGO Center. Also included will be a color raffle, \$60/50 drawing free games and other raffish.

Food/Nutrition

MEALS OF LOVE, sponsored by Madison County Baptist Association. Free meals to anyone in need. Every Tuesday, 4:30 to 6 p.m., at Second Baptist Church, 21st and Illinois streets, Granite City. Everyone is welcome.

POLISH PIEROGI SALE, Sacred Heart Polish National Catholic Church, 930 Reynolds, Madison, 9 a.m. to noon, first Saturday of each month.

Seven varieties: cabbage, cheese, kraut, potato, sausage and kraut, plum pudding and taco. Carry-outs only. \$6 per dozen. Cooked and ready to heat and eat. Also Chruski and rosettes. Order ahead by calling 876-5850, 876-3696, or 931-3367.

RESCUE MISSION, 1536 Fourth St., Madison, food pantry is open from 9 a.m. to noon every Saturday. Samuel Turner is the chairman, Yolanda Turner is the secretary and Alfred Turner is the pastor.

ST. JOHN LUTHERAN CHURCH MONTHLY COUNTRY BREAKFAST, 8 to 11 a.m. the second Saturday of each month at 2001 St. Clair Ave.

Eggs, sausage, pancakes, biscuits, homemade gravy, and jellies, coffee and orange juice. \$4 for adults, \$2 for children. Call 451-7788 for more information.

Health/Exercise

Bemis Chiropractic, 3381 Fehling Road in Granite City, is offering **FREE ELECTRONIC SPINAL SCREENINGS** from 9 a.m. to noon every Tuesday and Thursday. Call 876-2273 for more information.

TOPS 2363, 6:30 p.m. every Thursday at Anchorage Recreation Center, 2909 Edwards St. For more information call Bobbie at 452-0273.

FREE SENIOR CITIZEN EXERCISE CLASS, 9 a.m. every Thursday, Anchorage Recreation Center, 2909 Edwards.

TOPS 2048 (Take Off Pounds Sensibly), 6 p.m. every Monday, Melvin Price Support Center in Granite City. Call 876-2124.

TOPS IL 645, 7 p.m. every Monday, Anchorage Recreation Center, 2909 Edwards St., Granite City, 452-6102. Men and women welcome.

TOPS 1699 (Take Off Pounds Sensibly) will meet at 6:45 p.m. every Tuesday at the Anchorage Recreation Center, 2909 Edwards St.; call 797-2724 for more information. Men and women are welcome to attend.

TOPS IL 2417, 6 p.m. every Tuesday, Calvary Lighthouse Church of God, 1205 W. Pontoon, Weighin at 5:30 p.m. Anyone age 7 or above with a weight problem is welcome. For more information call Ann at 452-6102.

ST. ELIZABETH MEDICAL CENTER'S BEHAVIORAL HEALTH SYSTEM is presenting a talk entitled, "Coping with Serious Illness in the Family" at 7:30 p.m. July 7, Patty Morrow, M.A., of the Behavioral Health System, will give the talk in the Westman Room at SEMC. The talk is free and open to the public. For more information or to register, call 796-3868.

MADISON COUNTY URBAN LEAGUE HEALTH CARE SERVICES offers the following each week at 500 Madison Ave. in Madison: Walk-in pregnancy testing and prescription refills, 10 a.m. to 3 p.m. Mondays; Family planning services, 9 a.m. to 4 p.m. Tuesdays; STD screening and treatment, 9 a.m. to 4:30 p.m. Wednesdays; and family planning services, 9 a.m. to 4:30 p.m. Call 452-5394 for appointments or more information.

Organizations

AMERICAN ASSOCIATION OF RETIRED PERSONS CHAPTER 1340, meets at Granite City Township Hall second Wednesday of each month. Doors open at 5 p.m., refreshments served at 6 p.m. All seniors 50 and over are welcome. For information call 877-3020.

MEN'S FELLOWSHIP GROUP of Central Christian Church meets at 8:30 a.m. the second Wednesday of each month for breakfast and fellowship. For more information and/or location of meetings call 931-2068.

NAVY MOTHERS CLUBS OF AMERICA, meet at 7:30 p.m. every Thursday of each month, at the Veterans of Foreign Wars Post in Granite City. Mothers, fathers, daughters, wives or sisters of former and present Navy, Marines, Coast Guard or Sea Bees are encouraged to join. For further information, call 931-2292 or 876-2269.

THE JOLLY QUILTERS, 9 a.m. to 2 p.m., every Thursday at the Social Center, 906 Thorngate Drive in Mitchell.

GRANITE CITY COMMUNITY BAND rehearsals, 7:30 to 9 p.m. every Thursday, St. John United Church of Christ, 2301 Namecki Road, Granite City, 831-0443.

GRANITE CHAPTER 650 ORDER OF THE EASTERN STAR meets the second Friday of each month, 7:30 p.m., at the Masonic Temple, 20th Street and Cleveland Boulevard in Granite City.

DOWNTOWN NEIGHBORHOOD RESTORATION SOCIETY, 8 p.m., second Friday of each month, Granite City, 876-7715.

NATIONAL ASSOCIATION OF RETIRED FEDERAL EMPLOYEES (NAARFE) Chapter 1007 meets the second Tuesday of each month, except July and August, at 11:30 a.m. at Charlie's Restaurant in Granite City. For more information call 876-8450, or 452-3266.

BAND PARENTS ASSOCIATION OF GRANITE CITY HIGH SCHOOL, 3101 Madison Ave., 451-5808, 7 p.m. second Tuesday of each month.

BENEVOLENT AND PROTECTIVE ORDER OF ELKS, Granite City Lodge 1063, Mayville Road, Granite City 931-3557, 6 p.m. second Tuesday of each month.

KNIGHTS OF COLUMBUS, 3RD DEGREE, 4225 Old Alton Road, 7:30 p.m., the second Tuesday of each month, 877-4250.

KNIGHTS OF COLUMBUS, 4TH DEGREE, 4225 Old Alton Road, 7:30 p.m., third Tuesday of each month, 877-4250.

GRANITE CITY KIWANIS meet at Shoney's at 7:30 a.m. every Tuesday.

See CALENDAR, Page 6B

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Horoscope

WEDNESDAY, JULY 1
The sensitive moon enters Libra, the sign of partnerships, creating a harmonious aspect with both Venus and aggressive Mars in articulation. Gemini-Mercury, the planet of communication, begins its journey through radiant, fun-loving Leo today. Try and slip away from work, and enjoy the effects of all these exciting transits.

ARIES (March 21-April 19) Those looking for work have marked success today. You are apt to read introspection as rejection, but a lover's time alone is no slight toward you. Angles: A persistent admirer will get your attention sooner or later.

TAURUS (April 20-May 20) Redefine Mr. or Ms. Right. There is much to wed you to a certain course of work, but examine other methods. Your style of dressing changes as you become increasingly comfortable with your body.

GEMINI (May 21-June 21) Express your more complex needs, and then stand back — you will be amazed to see them melt. You and a higher-up may have difficulty finding common ground, but this is only due to your nerves! Relax!

CANCER (June 22-July 22) There is plenty of motivation available to you in your own natural energies, so you needn't look elsewhere. There is fertile ground to begin a creative partnership. Establish boundaries and expectations from the start.

LEO (July 23-Aug. 22) Constructive communication happens early in the day when you are not trying too hard. Do not censor yourself too readily, even if you feel certain ideas are unrealistic. Circulate in large parties for extra luck.

TODAY'S BIRTHDAY (July 1) An important goal could be reached toward the end of August. The relationship becomes more balanced and productive with a few swift changes. Surprises in October are lucrative. Love and work can be mutually helpful through the winter. Your best signs for love are Capricorn and Aries. Lucky numbers for you are 4, 11, 12 and 29.

VIRGO (Aug. 23-Sept. 22) What was once a weakness

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becomes your well of strength. What is left undone will build until it explodes. Engage in constructive criticism instead of being too shy to disagree.

LIBRA (Sept. 23-Oct. 23) In business, do what you must to make an important point. Sympathetic gestures allow those in need to feel supportive. Others take your lead, and the world is more compassionate place to live.

SCORPIO (Oct. 24-Nov. 21) Express your more complex needs, and then stand back — you will be amazed to see them melt. You and a higher-up may have difficulty finding common ground, but this is only due to your nerves! Relax!

SAGITTARIUS (Nov. 22-Dec. 21) Shared experiences lead to better communication. Define assignments before you start planning, or you end up doing plenty of work for nothing. An obligation may seem like a bigger deal than it is.

CAPRICORN (Dec. 22-Jan. 19) Relationships are crucial to your learning process. Though you and a co-worker are as different as night and day, you make the perfect team. You could blame on a lover what is your sole responsibility.

AQUARIUS (Jan. 20-Feb. 18) Cultivate powerful connections with influential people. New information changes the way you think. What you want to buy may be better off rented since technology changes so quickly.

PISCES (Feb. 19-March 20) Do not accept excuses. Get the credit you are owed to you. A surprisingly immediate attraction is mutual. Your stray from your planned career path, this is only temporary. Leave time for hobbies.

Mickey Carroll makes area appearance

Cast member of 'Wizard of Oz' is guest of chorus in Collinsville

By Nicole Vaughn
Staff writer

Collinsville residents took a trip down the legendary yellow brick road Thursday night when Mickey Carroll, an original cast member of "The Wizard of Oz," made a guest appearance here.

The 4-foot, 7-inch Carroll was one of the Munchkins in the movie, recently named the sixth best film of the 20th century. Carroll, who still lives in his native St. Louis, is one of only a dozen of the 120 little people who survive.

On Thursday, he was a guest of the Gateway Sounds Chorus, which performed at the Collinsville Senior Center. While it's been almost 60 years since the movie was released, it's meant a lifetime in the limelight for Carroll.

Carroll was a star in his own right, performing vaudeville, before his trip to Oz. Born Michael Finocchiaro, Carroll was popular in the Chicago nightclub circuit, which included some clubs owned by his godfather, Al Capone.

Carroll, who will be 79 next month, started performing at age 9, about the same time he stopped growing. A hormone imbalance kept him at his

current height while his twin sister continued to grow, reaching a normal height.

While he took a pay cut — from about \$800 a week to \$250 — to do the "The Wizard of Oz," it is his most enduring claim to fame. "I've loved every minute of it," Carroll said. "They never let me forget I was in this movie."

"It's a fairy tale," he said. "They don't make those anymore. They've got all this sex and killing."

Carroll is a regular caller to the local networks, chiding them for their programming choices.

"I'm embarrassed by what I see on television," Carroll said. "The movie is reminiscent of a gentler time, when performers didn't have to use profanity or violence to get an audience's attention."

"What else can a family watch together?" he said.

Carroll was quick with a litany of one-liners, some aimed at his agent and friend, Eddie Gromacki of Bridgeton, Mo.

"I'm not getting any younger," Carroll joked at Gromacki as Gromacki tapped during his act prior to Carroll's.

Gromacki, formerly of Belleville, has been dancing most of his life. He and his late wife operated the former Mary Louise Dance Studio in East St. Louis for several years before moving to Collinsville. Many of his former students came from Collinsville, Granite City and Belleville, and some were even present Thursday night, Gromacki said.

Carroll sat with the audience during his friend's performance and spent an hour autographing photos, posing for pictures and giving and receiving hugs. A frequent visitor to elementary and high schools, he gives youngsters an anti-drug message.

"We never knew about marijuana or any of this stuff, and who needs it?" Carroll said. "I'm high every day just talking to people."

Members of the chorus, which is part of a worldwide organization for female singers, crooned three songs to Carroll as he sat in front of them. When Director Will Schmitz told the audience about membership and about donations the group gladly took, Carroll jumped in.

"Can I make the first one?" he asked, waving a check at the director.

Carroll tours the country and regularly donates money from his appearances to charity.

Calendar

Continued from Page 5B

Club, 2116 Edison, Granite City, (800) 307-6600.

AL-ANON ADULT CHILDREN meets at 7 p.m. every Wednesday at St. Elizabeth Medical Center, 2100 Madison Ave., in the Kettler Center Conference Room A. Call 463-2429 for more information.

ALCOHOLICS ANONYMOUS, 8 p.m. every Wednesday, St. Elizabeth School's Noah's Ark Day Care, Ponton Road, Granite City. The meetings are closed except for the last Wednesday of the month.

ALCOHOLICS ANONYMOUS, 11 a.m. and 8 p.m. every Thursday, noon and 8 p.m. every Friday at 2116 Edison, Granite City, (800) 307-6600.

ALCOHOLICS ANONYMOUS, 8 p.m. every Thursday, Presbyterian Church, Mitchell, (800) 307-6600.

AL-ANON, 7 p.m. every Thursday, St. Elizabeth Medical Center, 2100 Madison Ave., in the Kettler Center Day Care Room. Call 463-2429.

ALCOHOLICS ANONYMOUS, 8 p.m. every Sunday at 2116 Edison, Granite City, (800) 307-6600.

ALCOHOLICS ANONYMOUS, 8 p.m. every Sunday, St. Elizabeth Medical Center, Paschal Hall, main floor, Granite City, (800) 307-6600.

MULTIPLE SCLEROSIS SELF-HELP GROUP meets from 7 to 9 p.m., second Thursday of each month, in Paschal Hall at St. Elizabeth Medical Center, 2100 Madison Ave., in Granite City. Call 787-2760 or 451-0728 for more information.

ALATEEN AND PREALATEEN PROGRAM for 12 to 17 age group, every Saturday at St. Elizabeth's Medical Center, 2100 Madison Ave., in Granite City. Call 463-2429 for more information.

SOUTHERN ILLINOIS DIVORCED AND SEPARATED CATHOLICS meets at 7:30 p.m. the second Friday of each month (September through May) at St. Boniface Catholic Church, Buchanan, Edwardsville, Call 465-1463.

ALCOHOLICS ANONYMOUS, 11 a.m. and 8 p.m. every Wednesday, 2116 Edison, Granite City, (800) 307-6600.

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Clinton Hill, Yorktown cited

The trend for golf course design in St. Louis in recent years has been toward upscale public courses. Places that charge a hefty price tag and deliver a special experience.

While upscale courses such as Far Oaks and Stonewall have sprung up in St. Clair County in the past year, local hackers still are partial to courses that offer fun at a fair price.

In the Best of St. Clair County poll of Journal readers, Clinton Hill Country Club and Yorktown Golf Club were voted the most popular courses.

The Orchards and Locust Hills Golf Club also ranked high on the list of top courses. Yorktown and Clinton Hill aren't exactly cut from the same mold — one is a lighted par-3 course and the other has been a solid course for Metro East golfers for 30 years. But golfers won't have to break open the piggy banks to play either course. And it doesn't take a tour professional to come through the experience alive.

Yorktown is the par-3 course, measuring 2,146 yards for 18 holes from the men's tees, and 1,652 from the ladies. Golfers aren't exactly cut from the same mold — one is a lighted par-3 course and the other has been a solid course for Metro East golfers for 30 years. But golfers won't have to break open the piggy banks to play either course. And it doesn't take a tour professional to come through the experience alive.

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• Sunday 8am to 7pm



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Today's Food

Today's Food on-line, www.yourjournal.com



Micro Waves

Combo ovens do all the work

See Page 2

Food & Nutrition

Wise Ways

Strike up the band for red, white and blue desserts.
INSIDE

Heart-y Bites

Expanding market of super-size food "values" undermines efforts to streamline with food and exercise.
INSIDE

Blue Ribbon Cook

In this age people can cool down with popular rice salad, this one a winner made with juicy summer fruits and savory seasoning.
INSIDE

Test Run

Grab-and-go breakfasts and snacks for kids feature mini sizes.
INSIDE

Lively Taste

Try Garlic-Infused Green Beans from "Garden Cuisine" (Fireside/Simon & Schuster) by Paul Wenner. Wash, trim and break 4 cups string beans or Chinese long beans into 1-1/2 pieces. Steam over boiling water about 7 minutes until just tender. Chill in ice water, then drain. In nonstick skillet, saute 8 cloves garlic, minced, and 1 red chile pepper, seeded and minced, in 1 teaspoon toasted sesame oil 3 to 4 minutes. Stir in 2 tablespoons seasoned rice vinegar, 2 tablespoons soy sauce (tamari soy sauce), if desired, and steamed beans. Cook and stir about 1 minute until very hot.

Health & Fitness

Medicine Chest

Like a brimmed hat and clothing that covers the body, sunscreen is an important tool in diverting the sun's rays away from the body.
INSIDE

Fresh Picks

Pickle enough vegetables for a tangy accompaniment to a meal that features grilled food. Brown 1 large onion, chopped, and 1 clove garlic, crushed, in a little oil. Add a pinch of salt, 1 heaping teaspoon curry powder, 2 teaspoons vinegar and a little sugar. Stir in 1 cup diced, cooked-but-still crunchy cauliflower, carrot or broccoli pieces and 1/2 cup water. Cook 5 minutes; vegetables should remain crunchy. Refrigerate several hours, if desired, to mesh flavors. Serve hot or cold.

Big Fat Tip

Lightly spread 2 tablespoons light mayonnaise over 1 pound fish fillets, thawed if necessary. Sprinkle with salt-free spice mix. Grill or broil fish on greased rack, turning once, until flaky. Estimate cooking time at 10 minutes per 1-inch thickness of fish. Do not overcook. For tartar sauce, mix relish, partially drained, and dried onion flakes into light mayonnaise.

Future Shop

The day may come when rosemary chicken and minty lamb are available without adding the flavors to the meat. Just as American cows are known as corn-fed because of their diet, the feed given other animals may result in distinctive flavors. The University of Missouri-Columbia is working with a New Zealand group to add mint, rosemary, sage and other herbs to the diets of newly weaned lambs to see if herbs flavor the meat naturally. The objective is to find out if the animals can tolerate consuming the herb, whether the savory flavor can be conducted into the animal and at what amounts the feeding works.



Red, White and True Blue

Plate patriotic pleasures from pork steak to clambake

By Janice Denham
Staff writer

The aromas of grilled food on the Fourth of July are as inviting as the holiday weekend's sights and sounds. But man and woman do not live by the sizzle from the grill alone.

The attraction slides over to the seasonal splendor of foods surrounding the main event. Salads, warm bread, dessert, grilled fruits and vegetables, cold watermelon and ice-cold homemade lemonade entice celebrants to put down their burgers long enough to savor delectable side dishes that steal the patriotic show.

Flag-waving colors of red, white and blue are crystal clear in foods that come to the table this week. Good ol' Poke Cake shows its colors with gelatin (use 1-1/2, instead of 2, cups water) poured over a cooled cake after holes are poked into it with tines of a large fork. A smooth layer of whipped topping covers the cake, and berries and marshmallows decorate it in a flag design.

Berries in red and blue hues are hard to

match. On their own they add a no-fat, low-calorie treat. With other ingredients, their lusciousness ranges from light to luxurious.

For Gingery Berry Toss, combine 1/2 tablespoon honey, 1 tablespoon fresh lime juice, 1/2 teaspoon grated lime peel and 1/8 teaspoon ginger. Toss 2 cups fresh blueberries and 1 cup diced cantaloupe into the mixture until the fruit is coated. Eat as salad or dessert, or serve over cut-up fruit, pound cake or ice cream.

For another Fruitful Topping, bring 1 can (8 ounces) crushed pineapple, drained, and 1/4 cup strawberry preserves to a boil. Stir in 1 cup blueberries. Remove immediately from the heat. If desired, add 2 tablespoons fruit-flavored liqueur. Serve at room temperature or chilled.

For a not-too-sweet, icy treat, Citrus Berry Ice is an answer.



In a saucepan, soften 1 envelope unflavored gelatin in 1 cup orange juice and 3 tablespoons lemon juice. Add 1-1/2 teaspoons grated lemon rind and 1/4 cup sugar. Stir over low heat until gelatin and sugar are dissolved, then cool. Stir in 1-1/2 cups mashed fresh strawberries and 1/2 cup unsweetened applesauce. In a shallow pan,

See TRUE BLUE, Inside TODAY'S FOOD Page 2



Star-Spangled Sandwich Cookies



1. Make or buy a simple cookie. It can be vanilla wafers or sugar cookies, homemade dough in equal-size rounds or refrigerated dough with a flag in it. If baking dough, let cookies cool thoroughly.

2. Spread white icing between two cookies. Let set before decorating further or storing.

OR

Dollop white and/or red ice cream or frozen yogurt, softened, on one cookie. Lightly top with second cookie. Immediately freeze on tray. If desired, store in bag when completely frozen.

3. If using plain dough, decorate one side of cookie with purchased red icing gel in star shape.

Today's Food

Those who lose pounds find worth in less girth

By Libby Mills
Correspondent

Testimonials by people who lose hundreds of pounds through a healthy diet and exercise give me goose bumps. The number of pounds shed and the visual before-and-after differences are dramatic, but not nearly so impressive as their

HEARTY BITES

reports of improved quality of life. Today they feel good, energetic and full of life.

These successes look slim, however, as trends reveal more than 50 percent of adults and 15 to 20 percent of children are overweight or obese — and the numbers continue to grow. Being overweight and obesity are complex issues involving heredity and tradition, as well as social, psychological and learned lifestyle patterns.

However, modest lifestyle commitments that call for good eating habits and plenty of activities start to define waistlines and can deflate this ballooning trend.

On-the-go people in the midst of long, busy, stressful days often end up in a fast-food restaurant. Looking at the fastest and most economical choice usually results far in excess of what is needed to get full. With a jumbo burger covered with cheese, bacon and mayonnaise, plus fries on the side, this \$2.99 meal often contains more than 100 grams of fat and more than 1,000 calories in a single sitting.

Counting pennies is good when shopping for

several meals or servings, but this type of event counts as overpayment in how much one eats.

Try getting more for the money in the form of service. Order items prepared as wanted: Hold the mayo, tartar sauce on the side please, grilled and a take-home box for extras.

In spite of the hectic pace of daily life, many people have discovered hand-held foods that are low in fat. While grain bagels, turkey sandwiches, granola, low-fat chips and even the latest fat-free salty and sweet snack indulgences fit on-the-go folks.

It is easy to see the great amounts of these foods people eat while they munch in motion, answer messages between meetings and hold the phone. While these foods are low in fat, they have calories — and all calories count.

When looking for a food with fewer than 100 calories, reach for 1 cup skim milk, ¾ cup fruit-flavored nonfat yogurt, ½ bagel, ½ bran muffin, 3 graham cracker squares, 1 rye square with ½ ounce mozzarella cheese on it, 1 ice pop or frozen fudge bar, 5 pretzel twists, ¾ cups air-popped popcorn seasoned with powdered spices or 1 cup cut-up fresh veggies.

Nature itself packages some of the best convenience foods. Oranges, bananas, shiny apples, red or green grapes, juicy plums, nectarines and peaches are ready to eat at meals or as a bridge between healthful meals. Each ½ cup or a small piece of

fruit has about 60 calories. These are not usually the foods that increase weight.

To calculate the average number of calories needed each day to maintain weight, multiply present weight in pounds by 15 if active, 13 if sedentary. To start a trek toward losing weight, eat 500 calories less than this number each day.

Here is a simple fruit treat full of color, juice and nutrition. For quicker preparation, cut melon in wedges. The recipe is adapted from the "American Heart Association Cookbook," fifth edition.

Registered dietitian Libby Mills is a member of the nutrition committee of the American Heart Association, St. Louis Chapter.

LIME MELON BALLS

- 1 cup water
- 2 tsp. sugar
- 2 tsp. fresh lime juice
- 2 cups assorted melon balls

Pomegranate seeds, mint sprigs or thin lime slices for garnish

Bring water and sugar to boil in saucepan over high heat. Remove from heat. Cool to room temperature. Add lime juice. Stir to mix well. Place melon balls in 4 sherbet glasses. Pour lime sauce over all. Add garnish. Makes 4 servings; 57 calories, no fat or cholesterol, 1 g protein, 14 g carbohydrate and 9 mg sodium each.

The wave of the future: convection combination

By Sandra Housmon
Correspondent

The ultimate cooking experience combines conventional cooking and microwaves to obtain browned baked goods and speedy cooking.

Convection ovens are similar to those in the homes of most consumers, except a fan blows to circulate heated air. Convection ovens are quicker than conventional ovens and use a lower baking temperature.

Most countertop models also have a broiling feature. In short, this combination cooking device gives a home chef an extra option. It still capitalizes on the convenience of microwaves. While casual microwave users usually do not make desserts in the appliance, the combination unit gives a feeling of familiarity and confidence so almost any dessert can be prepared in it.

Angel food cake requires a high temperature to bake properly, so it does not work in a microwave oven alone. In a microwave/convection oven, using what might be termed a "low mix" setting, angel food cake, muffins, even yeast bread turn out perfectly.

These foods generally require more than 20 minutes baking time and the combination cycle yields perfect results. The

convection cycle seals and browns the outside of foods and microwave energy ensures the interior is cooked.

Access to the Internet provides unlimited sources for new recipes that use the appliance. The University of California, Berkeley, has a recipe source called, SOAR, which stands for Searchable Online Archives of Recipes — recipes@soar.berkeley.edu — where I found this favored family recipe for Lemon Meringue Pie. It uses the combo appliance to best advantage, but also can be made with individual units.

It is made in a microwave and finished under a broiler to brown the meringue. The original calls for a 9-inch baked pie crust, but I prefer a graham cracker crust from a microwave oven.

In a glass pie plate, microwave 3 tablespoons butter or margarine on high power 15 seconds until melted. Tilt pan to coat it. Stir a combined mixture of ¾ cup sugar and 1 cup graham cracker crumbs into the margarine until crumbs are coated thoroughly.

Press evenly on bottom and up side of pan, forming a crust. Microwave on high power 2 minutes. Cool thoroughly.

Home economist Sandra Housmon specializes in microwave cooking.

MICRO LEMON MERINGUE PIE

- 1½ cups plus 6 tbsp. sugar
- ¾ cup cornstarch
- ¾ cup boiling water
- 3 egg whites
- ¾ cup yolk-free egg product or 3 egg yolks
- 3 tbsp. butter or reconstituted butter replacement (Butter Buds)
- ¾ cup lemon juice
- 1 tsp. grated lemon peel
- Single-crust 9-inch pie crust, baked
- ¾ tsp. cream of tartar
- 6 tbsp. sugar

In 1-quart bowl, thoroughly mix together 1½ cups sugar and cornstarch. Stir in water.

Microwave on high power 2½ minutes. Stir. Continue cooking 1 minute, stirring after 30 seconds, until thick.

Beat small amount of hot mixture into egg product. Add to remaining thickened mixture. Microwave 30 seconds on high power.

Blend butter, lemon juice and lemon peel into hot mixture. Cool. Pour into baked pie shell.

Using electric mixer on high speed, beat egg whites and cream of tartar until frothy. Gradually beat in 6 tablespoons sugar until stiff, but not dry, peaks form.

Lightly pile and spread meringue over cooled pie. Broil 6 to 10 minutes until golden brown. Makes 8 servings.

Foods designed for mini treats take wide survey

Frozen mini waffles and pancakes, along with refrigerated cereals in a carton with milk and a spoon, drew testers to breakfast.

"I love breakfast for breakfast, breakfast for lunch or breakfast for dinner," a tester enthused.

TEST RUN

Judging by the response of other participants, the products could be eaten any time of day. Kellogg's Eggo cinnamon toast-shaped waffles (8.6 ounces for \$1.50 at Shop 'n Save) are packaged in 8 sets of mini waffles. Hungry Jack's mini Funfetti waffles (12.5 ounces for \$2.15 at Shop 'n Save) also came in sets of four round mini waffles, 12 sets to a package; 48 Krusteaz individual mini pancakes (15 ounces for \$2.99 at Dierbergs) were in a single pouch.

Kellogg's Breakfast Mates — a 1-ounce serving of Frosted Mini-Wheats, Frosted Flakes, Frost Loops or cornflakes with a 4-ounce carton of 2 percent milk and a spoon — cost \$1.29 at both Dierbergs and Schnuck Markets.

The waffles and pancakes should be kept frozen until the waffles are toasted and the pancakes are microwaved. Either also can be baked in a conventional oven.

The cinnamon toast waffles were the first emptied from the package.

"The cinnamon was not overpowering — just enough," a taster said. "The price is right, too, so they get an A-plus." Others were impressed.

"I found them as good or better than regular, larger, round Eggo's which can get burned on the edges and leave the middle undone," another taster said. "When toasted until hot and brown, the edges on the minis were crunchy and the insides nice and soft."

She appreciated the design of the cinnamon toast waffles, which she called little "houses."

"It makes one waffle easy to split into four sections, almost like pre-cut. It's easy to divide one waffle among two little friends while waiting for more to warm up," she said. She envisioned an after-school snack of two mini "houses" (half the set), sliced apples and milk or hot chocolate.

Funfetti mini waffles with multi-colored sprinkles in the top of the dough were aptly named, testers agreed.

"The Funfetti waffles may appeal to children a lot more than the other waffles. They are more plain in flavor and definitely fun to look at," a tester said.

Some called the pancakes their favorite product of the tasting. One said a stack of three warmed "perfectly" in the 35 seconds directed. Once they melted the butter melted and warmed the syrup, the small size tempted her to eat them with her fingers.

One found them "very tasty, plenty light and airy," another liked their "silver dollar" size.

Others thought them unlike other products designed to stay in a freezer.

"These were not too rubbery for a frozen product. They don't have the same flakiness as homemade pancakes, but also are not too heavy like homemade pancakes can be," one said.

Even testers who inadvertently microwaved the waffles and toasted pancakes liked the results.

Another liked the size, even for adult tastes.

"I usually don't eat sweet-type breakfast foods, but these items were good because they were small," he said.

The Breakfast Mates cereal packages were endorsed, although some aspects of the design needed work.

Several thought the package needs a bold reminder that it must be refrigerated.

"Boxed as they are, they look like they could just be popped into a lunch box and eaten later," a mother of older children said. Each box has a puzzle inside the lid.

While there is a lot of packaging and young children may need help opening it, one mom said, those of school age might be attracted to eat from the little boxes.

An adult tester went straight to the Frosted Mini-Wheats, which had a soup-style spoon for eating the cereal. The Frost Loops had the same size spoon, which she thought was inappropriate for the cereal variety and the fact it is marketed to children.

"Overall the all-in-one cereal/milk seems a good idea to keep milk from spoiling in homes where it isn't consumed too often, and only on cereal when it is," a tester observed.

The package bought in June had a milk expiration date of Oct. 7.

True Blue

Continued from page 1C. Freeze the mixture about 4 hours until firm.

For Cheesecake Want-a-Be, blend ½ cup sliced banana, ½ cup ricotta cheese, 12 tablespoons plain yogurt, 1 teaspoon lemon juice and 1½ tablespoons sugar until very smooth, then serve over chilled blueberries. Use the sauce the same day it is made.

Fresh berries are wonderful for breakfast, too. Rather than just tossing them with sugar, create tangy Sunshine Sauce by melting 2 to 3 tablespoons sugar in 2 tablespoons each fresh lime, lemon and orange juice. Boil the mixture 2 to 3 minutes, remove from heat and stir in 3 to 4 cups fresh berries.

While party-goers may fish to find out what is for dessert, others will want to put first things first and start with appetizers. Hand them Mug-O-Spud Soup to sip. Refrigerate the

mixture at least 1 hour so it is thoroughly chilled. If desired, refrigerate it in chilled mugs and garnished with chives at serving time.

In a blender, combine ½ small onion, cut in half; 1 can (14 ounces) chicken broth, and 1½ cups diced, cooked, new potatoes on high speed 8 seconds.

Season generously with salt and pepper and add 1 cup light sour cream. Blend 10 seconds.

New red potatoes are best to use in potato salad so they do not become mushy. For a new twist, use bottled salad dressing, like Caesar, for familiar flavor with potato salad ingredients.

CAESAR POTATO SALAD

- 2 lb. potatoes (about 6 medium), scrubbed, cut in 1 inch pieces
- 8 oz. green beans, cut in 1 inch pieces
- 12 cherry tomatoes, halved
- 2 ribs celery, thinly sliced (about ½ cup)
- 1 can (2½ oz.) sliced ripe olives, drained
- 1 cup classic (not creamy) Caesar or Italian salad dressing
- 2 hard-cooked eggs, quartered
- 1 tsp. finely chopped fresh parsley

Cook potatoes in boiling water 10 minutes. Add green beans. Cook 6 to 7 minutes until tender. Drain. Cool under cold running water.

In large bowl, combine potatoes, beans, tomatoes, celery, olives and dressing. Toss to coat. Garnish with eggs and parsley.

Makes about 10 cups.

ALL-STAR CHEESEBURGERS

Gently shape 2 pounds ground beef into eight patties ½-inch thick. Overhandling makes them firm and compact. For juicy burgers, turn once and do not press or flatten with spatula.

Grill patties, turning once, on grid over medium ash-covered coals 11 to 13 minutes until centers are no longer pink. Season with salt and pepper after turning.

Cut star-shaped shapes from 8 slices American cheese. About 1 minute before burgers are done, arrange cheese stars on burgers.

Spread cut sides of split hamburger buns with desired spread. Line bottom half of buns with lettuce and tomato. Top with burger. Close sandwiches.

Barbecue Ketchup Spread: Combine ¼ cup ketchup and 2 tablespoons barbecue sauce.

Honey Mustard Spread: Combine ¼ cup mayonnaise and ¼ cup honey mustard. Makes 8 servings.

DOUBLE BLUEBERRY COOKIE PIE

- 1 pkg. (18 oz.) refrigerated sugar cookie dough, at room temperature
- ½ cup flour
- ¾ cup fresh or frozen blueberries
- ¾ cup sugar
- 3 tbsp. cornstarch
- Pinch salt
- 1 tsp. lemon juice
- ¾ cup water
- 1 cup heavy cream, whipped

Preheat oven to 350°. Coat 9-inch pie pan and small cookie sheet with nonstick cooking spray.

In small bowl, combine cookie dough and flour until mixed. Reserve about one-fourth cookie dough, covered with plastic, in refrigerator.

Using floured hands, press remaining dough on bottom and up side of prepared pie pan. Freeze about 15 minutes to firm.

On lightly floured surface, using floured rolling pin, roll refrigerated cookie dough ¼-inch thick. Using floured cookie cutter, cut out stars or other shapes. Place on prepared cookie sheet.

Bake pie crust about 11 minutes until golden, stars about 6 minutes. Cool on wire racks.

In medium saucepan, combine 1 cup blueberries, sugar, cornstarch and salt. Stir in water and lemon juice. Over medium-high heat, bring to boil. Boil until mixture thickens, stirring constantly and crushing blueberries. Stir in remaining 2 cups blueberries. Chill.

Spoon blueberry mixture into cooled cookie shell. Decorate with star-shaped cookies and whipped cream. Yields 8 servings.

Sunscreen offsets rays in big race to avoid sunburn

Sunscreens usually help prevent reactions to sunlight, but their chemical composition does not rule them out as sources of skin reactions as well.

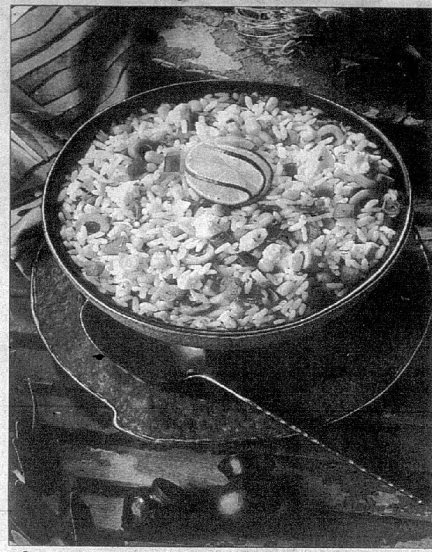
Sunscreen is an important way to prevent damage to the skin. In addition to protective clothing and sunglasses, they should become a routine part of summer play outdoors.

There are two types of sunscreens. Chemical sunscreens absorb ultraviolet (UV) light, preventing skin from absorbing it. Physical sunscreens reflect or scatter light in both visible and UV spectra.

Sunscreen. In summer the UV Index becomes an issue. This is the amount of UV radiation that reaches the earth at noon. The higher this number, the more UV radiation.

When this number exceeds 10, greater protection by way of a higher SPF sunscreen and protective clothing is suggested.

Sunscreen should be applied 30 minutes before sun exposure, then reapplied after swimming. Even though the temperature may be lower at higher elevations, higher SPF products are needed. Always wear sunglasses to protect eyes.



Summer Picnic Salad incorporates bright colors and flavors that add zest to an outdoor meal.

Rice befriends flavors, whether mild or wild

Rice is a year-round pal. It is equally at home with pot roast or corn on the cob. Because of its sanguine temperament, it shows few preferences among its companion flavors, so they can be easy-going or flamboyant.

It is affected the same way, whether the dish is hot or cold. It absorbs the best of sauteed mushrooms and garlic or showcases peas and parmesan cheese when it is a hot side dish.

Fourth of July celebrates cool desserts

By Carol Schilt Correspondent

In just a few days it is time once again to celebrate our nation's birthday. On the Fourth of July, picnics and feasts always have been the order of the day.

WISE WAYS Early in the 1800s, July 4th celebrations were sponsored by political hopefuls or local churches. By the middle of that century, families started packing picnic baskets and gathered at parks for huge community picnics.

RED, WHITE AND BLUE DELIGHT

- 1 angel food cake, purchased or homemade
 - 1 box (4 servings) strawberry gelatin
 - 1 1/2 cups boiling water
 - 1 carton (10 oz.) frozen strawberries
 - 1 box (4 servings) vanilla instant pudding
 - 1 cup skim milk
 - 1 pt. (2 cups) light vanilla ice cream, slightly thawed
 - 1 cup light whipped topping, defrosted if frozen
 - 1 cup fresh blueberries
 - 12 tiny flags
- Tear angel food cake in pieces. Place in 13-by-9-inch pan.
- Mix gelatin and water until gelatin is dissolved. Add frozen strawberries. Chill until partially set.
- In another bowl, mix together pudding, milk and ice cream. Pour over cake. Pour chilled gelatin mixture over pudding. Refrigerate until serving time.
- Decorate each serving with whipped topping, blueberries and tiny flag. Yields 12 servings; 290 calories.

Rice is very nice in cooling salad with fresh fruits

Judy Kelly, St. Charles, is this week's winner of dinner certificates to the Pasta House Co. for Summertime Rice Salad.

August a winner will be chosen.

BLUE RIBBON COOK

The recipe came from a friend in Kansas City who first served it at a potluck dinner. It has an unusual blend of flavors, with a mixture of honey, dry mustard and celery seed, plus fresh fruits and peanuts added just before serving. She recommends it as a side dish with grilled food.

This month's Squash and Eggplant Recipe Contest continues until July 31. Any type of recipe that uses either vegetable in an appetizer, main dish, soup or salad is welcome.

Send a single recipe to: Squash and Eggplant Recipe Contest, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, 63131. Each Wednesday in

SUMMERTIME RICE SALAD

- 1/4 cup honey
 - 1/4 cup oil
 - 2 tbsp. lemon juice
 - 1/4 tsp. dry mustard
 - 1/4 tsp. celery seed (use less, if desired)
 - 1/4 tsp. salt
 - 3 cups cooked rice, chilled
 - 1 medium banana, diced
 - 8 oz. seedless green grapes, halved
 - 2 cups cantaloupe chunks
 - 1/2 cup salted peanuts
- In large bowl, combine honey, oil, lemon juice, dry mustard, celery seed and salt. Add rice. Mix well. Just before serving, add banana, grapes, cantaloupe and peanuts. Toss lightly. Makes 4 to 6 servings.

SUMMER RICE MEDLEY

In 1/4 cup (1/2 stick) hot butter or margarine, saute 1 large onion, chopped; 4

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Recipe

SHRIMP-STUFFED AVOCADO

1/2 tsp. lemon juice
2 tsp. olive or avocado oil
1 tsp. Dijon mustard
Pepper to taste
1/2 cucumber, diced

1 rib celery, chopped
8 oz. peeled, cleaned shrimp, cooked
2 avocados, halved, pitted

Blend juice, oil, mustard, pepper, cucumber, celery and shrimp.
Serve shrimp in avocado halves.
Makes 4 servings.

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1/4 LOIN PORK **\$1.59** LB.

CHOPS **\$1.00** LB.

U.S.D.A. CHOICE (GREAT FOR GRILLING) CHUCK STEAK **\$1.89** LB.

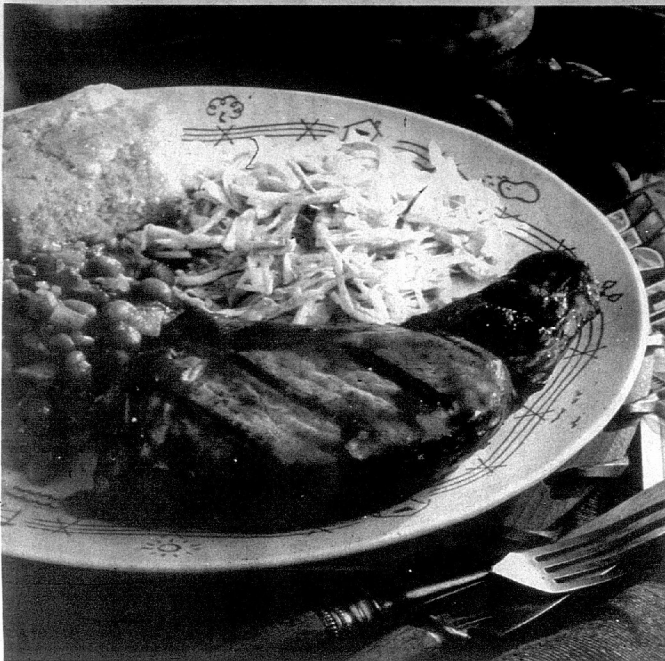
U.S.D.A. CHOICE ARM STEAK **\$1.89** LB.

U.S.D.A. CHOICE RIB STEAK **\$2.98** LB.

HOMEMADE BULK SAUSAGE IN 5 LB. PKG. **79¢** LB.

LEAN TRIM FAMILY PACK PORK STEAK **\$1.19** LB.

Today's Food



Any weekend becomes a holiday when summer-sounding Heartland Chops, Corn Country Squares, Creamy Slaw and Doctored Beans fill the menu.

HEARTLAND CHOPS

- 4 pork chops with or without bone, 1 1/4 inches thick
- 1/2 cup barbecue sauce
- 1/2 cup honey
- 1 tbsp. Worcestershire sauce
- 1 tsp. prepared mustard
- Dash pepper sauce

In small bowl, mix together barbecue sauce, honey, Worcestershire sauce, mustard and pepper sauce.

Grill pork over direct heat above medium-hot coals 4 to 5 minutes until browned on one side.

Turn over.
Brush liberally with sauce. Grill 4 to 5 minutes longer. Continue turning, brushing with sauce and grilling two more times. Discard any leftover sauce.

Serve chops immediately. Makes 4 servings; 371 calories, 39 g protein, 11 g fat, 382 mg sodium and 104 mg cholesterol each.

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Party around the grill with cookbook authors

From the tangy, tomato-based sauces of the Midwest to spicy marinades of the Southwest, barbecued foods are always an American favorite. While the word "barbecue" may translate differently in varying parts of the country, it always is delicious.

To celebrate the grilling season, Bill and Cheryl Jamison will sample pork

sandwiches in the style of the middle of America from noon to 2 p.m. today (July 1) at Kiener Plaza in downtown St. Louis.

The Jamisons will answer questions and give tips about grilling, as well as give away copies of their cookbook, "Born to Grill: An American Celebration," to outdoor cooking fans on their lunch break. Live music will be provided by

KXOK-FM 97.1.

The National Pork Producers Council, the event's sponsor, offers a free brochure featuring low-fat grilling recipes and flavorful marinades.

To receive one, send a self-addressed, stamped envelope to: Puttin' on the Grill, P.O. Box 10383, Des Moines, Iowa 50306.

Here is a menu that will bring summer cheers.

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To receive your free copy of the Bridal Planner simply fill out the form below and take it to your local Suburban Journals office (call 314/821-1110 for the nearest office), or mail it to: Bridal Planner, 1714 Deer Tracks Trail, St. Louis, MO 63131. (For mail in requests please allow 3-6 weeks for delivery.)

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Coke Limit four 12 pks. or
One 24-12 oz. Cans Asst. Var.
Pepsi Limit two 24 pks.
3.98
Limits with additional \$10
purchase excluding liquor &
tobacco



12 oz.
Kraft
American
Singles
1.79
Pre Priced \$1.99



1/2 Gallon
Pevely Lite
Ice Cream
1.59



Sweet Red Ripe Whole
Watermelons
2.88
each
Halves or Quarters
26¢ lb.



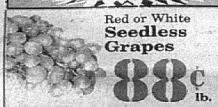
12-12 oz. cans
Natural
Light Beer
4.69
Madison Store \$4.09

Real Values

Produce

Real Values

Meat



Red or White
Seedless
Grapes
88¢ lb.



Large Ripe
Cantaloupes
2/\$3



4 pack 9 oz. T-Bones
Stampede Steaks
7.98
2.55 lb. Box



10 Oz. Asst. Var.
Farmland
Smoked Sausage
78¢



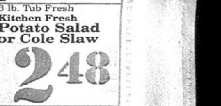
California Red Blush
Peaches or
Nectarines
88¢ lb.



Washington State
Bing
Cherries
98¢ lb.



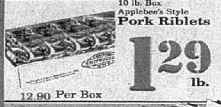
4-6 lb. bag
Fresh
Chicken Leg
Quarters
4.9¢ lb.



14-16 oz. pkg.
Assorted Varieties
Hillshire Farms
Smoked Sausage
1.98



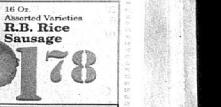
Arkansas
Tomatoes
68¢ lb.



16 oz. pkg.
Fresh Express
Salad Mix
98¢



10 lb. Box
Assorted Style
Pork Riblets
1.29 lb.



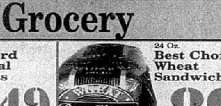
Great For Bar-B-Que
Meaty Beef
Spare Ribs
1.38 lb.



Gallon
Assorted Varieties
Pevely
Fruit Drink
88¢



8 oz. Assorted Varieties
Lite Non Fat
Pevely Yogurt
3/\$1



Country Time
Lemonade
**Buy 1
Get 1
Free**



20 lb. bag
Kingsford
Charcoal
Briquettes
4.49



Cool Whip
Topping
99¢



14 oz. Assorted Varieties
Banquet
Cream Pies
99¢



2 Liter Assorted Varieties
Coke or Pepsi
79¢
Limit 6



30-12 oz. cans
Line Draft
New Miller
Beer
1.19



3 lb. Tub
Imperial
Soft Margarine
1.39



24 Oz.
Dill, Mustard or Polish
Viasic Spears
1.79



40-12 oz. cans
Heinz
Ketchup
1.88



10 Oz.
Viasic
Sweet Relish
88¢



Dozen
Best Choice
Large Eggs
69¢



12 Pack
Dream or Fudge
North Star
Bars
2/\$3



50 count
Glad
Flex Straws
2.89¢



25-24 Oz.
Assorted Varieties
Musselman
Apple Sauce
1.88



24 oz.
Stillwell
Breaded Orka
2/\$3



8 oz. Reg. or 1/8
Less Fat
Philadelphia
Cream Cheese
88¢



5.5 Oz.
Morton Salt &
Pepper Shaker
79¢



30-12 oz. cans
Assorted Varieties
Squeeze-it
Drinks
99¢



16 oz. Assorted Varieties
Tropicana
Orange Juice
3.49



12 Pack Assorted Varieties
Jack's Natural
Rising Pizza
2/\$6.50



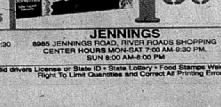
50-15 lb. Bagged
Heavy Duty or Economy
Aluminum
Foil
1.99



9-12.5 Oz.
Assorted Varieties
Archway
Cookies
3/\$5



14 oz. Pizza Burst
2/\$5



13-14 Oz. Chocolate or
Powdered
Hostess
Donettes
1.89



16 oz. Mild & Medium
Taco Bell Salsa
1.89



16 oz. Mild & Medium
Taco Bell Salsa
1.89

UNIVERSITY CITY
8020 OLIVE STREET, HOLMES MO. SAT 7:00 AM-9:30 PM, SUN 8:00 AM-9:00 PM

JENNINGS
8840 JENNINGS ROAD, RIVERSIDE MO. SAT 7:00 AM-9:30 PM, SUN 8:00 AM-9:00 PM

MADISON
1127 MADISON AVENUE, HOLMES MO. SAT 7:00 AM-9:30 PM, SUN 8:00 AM-9:00 PM

HIGH RIDGE
2715 HIGH RIDGE BLVD & HWY 50, HOLMES MO. SAT 7:00 AM-9:30 PM, SUN 8:00 AM-9:00 PM

Prices Effective 7-1-98 thru 7-7-98

Wed Thur Fri Sat Sun Mon Tue

1 2 3 4 5 6 7

* Personal checks Welcome With valid drivers licenses or Bank ID's. Quest Cards & Food Stamps Welcome. * Manufacturer's Coupons Welcome. * Missouri Union Money Orders Available. * We Reserve the Right to Limit Quantities and Correct All Printing Errors. * Some Items May Not Be Available At All Locations.

Today's Food

Take grill's holiday with leaner companions

Traditional barbecue fare that focuses on large slabs of meat can lighten up. There is a world of outdoor grilling that features the lean meats, fish, poultry — even vegetables and fruits — that make backyard cooking as healthy and delicious as anything prepared in a kitchen.

GOOD FOOD Getting the best flavor from grilling lean meat, fish and poultry merits special treatment.

When cooking fish on a grill, protect it from overcooking.

A wire grate allows a whole fish to be turned easily. Thick steak cuts of fish — such as swordfish, tuna or salmon — can be placed directly on a grill coated with nonstick cooking spray. Place delicate, non-oily fish on a sheet of aluminum foil, or wrap it in aluminum foil with a bit of broth or marinade for moisture and flavoring.

Marinating lean meat, poultry and strong-flavored fish a few hours or overnight before grilling reduces a need for added butter or oil when cooking. Plain nonfat yogurt mixed with minced fresh ginger, minced garlic and chopped fresh cilantro becomes a marinade with exotic Indian taste. In addition to adding flavor, yogurt works as a meat tenderizer.

Whole vegetables with a tough protective skin — such as eggplant, tomato, onion, green pepper or potato — can be grilled directly on a grill. To avoid browning or blackening of the skin, wrap them in foil.

Other vegetables can be cut in chunks and placed on wooden, bamboo or metal skewers to be cooked quickly until slightly browned. Before cooking, season them with a paste of fresh ginger and garlic. Kabobs work well with fruits, too.

Grill chunks of fresh pineapple, orange, apple and grapefruit on skewers until their sugars have caramelized and they are slightly browned. For a richer, spicier flavor, sprinkle fruit with nutmeg, cinnamon or cardamom powder before placing it on the grill.

For a healthier barbecue, follow the rules of basic food safety and follow these basic guidelines:

- Pick low-fat cuts of meats. Trim all visible fat.
- Avoid charring meat or cooking it in the smoke created when fat drips onto coals, wood, gas flames or electric coils.

- To reduce grilling time and reduce the risk of charring, partially precook thick cuts of meat in a microwave oven just before moving them to a grill.
- Scrape off any charred parts of meat before serving.

These black bean patties add snappy Caribbean flavors to a cookout. For a free brochure with recommendations for cancer prevention, write to: American Institute for Cancer Research, Department DH, P.O. Box 97167, Washington, D.C. 20099-7167.

GRILLED

Recipe

APPLE-CHERRY COBBLER

- 6 apples (golden delicious preferred), peeled, cored, chopped
- 1 can (16 oz.) pitted sour cherries, drained
- 1/2 cup plus 1/3 cup granulated sugar
- 1 tsp. cornstarch
- 1/4 tsp. cinnamon
- 1/8 tsp. nutmeg
- 1 1/2 cups flour
- 1/2 tsp. salt
- 1/2 cup (1 stick) cold butter or margarine
- 2/3 cup milk
- Confectioner's sugar, if desired

Preheat oven to 375°. Butter 2-quart shallow baking dish.

In large bowl, combine apples, cherries, 1/2 cup sugar, cornstarch, cinnamon, nutmeg and pinch of salt. Mix well. Spread evenly in baking dish.

To make topping, combine flour, 1/2 cup sugar, baking powder and 1/2 teaspoon salt. Mix well. Add butter in tablespoon-size pieces. Using pastry blender or two forks, cut in butter until mixture resembles coarse crumbs. Gradually add milk, stirring briefly to moisten dough.

On floured surface, pat or roll dough 1/4-inch thick. Cut in 2- to 3-inch random shapes and strips. Randomly arrange over apple mixture, slightly overlapping to create crazy-quilt design.

Bake about 40 minutes in preheated oven until topping is browned and juices are bubbling. Cool at least 1 hour.

At serving time, sprinkle with confectioner's sugar.

TABLE TOP GLASS ANY SIZE & SHAPE
Granite City Glass
1932 N. 1st St.
877-5400

BLACK BEAN PATTIES

- 2 tsp. canola or vegetable oil
- 1 red onion, chopped
- 2 scallions with green parts, minced
- 2 cloves garlic, minced
- 1 tbsp. grated orange zest
- 2 tsp. ground cumin
- 2 tsp. ground coriander
- 1/4 cup minced fresh cilantro
- 2 tsp. red wine vinegar
- 2 cups cooked or canned black beans, drained
- 1 cup cooked brown rice
- 6 pita pockets or burger buns
- Salsa for garnish, if desired
- Sauteed Vidalia onion slices, if desired

Heat oil in medium skillet over medium-high heat, swirling pan to coat bottom. Add onion, scallion, garlic, orange zest, cumin, coriander and cilantro. Turn heat to medium-low. Sauté, stirring often, about 7 minutes until vegetables have softened.

Stir in vinegar and beans. Cook about 10 minutes until mixture is dry and beans mash easily. Remove from heat.

Preheat grill. Coat rack with nonstick cooking spray.

In small bowl, combine bean mixture with rice, using hands to blend and shape the mixture into 6 patties.

Carefully grill patties until lightly browned on both sides, about 10 minutes total. Serve in pita bread. Garnish with salsa and onion.

Makes 4 servings, 262 calories and 4 g fat each.

Recipe

CHICKEN FRICASSEE WITH PARSLEY DUMPLINGS

- 2 cups defatted chicken stock or broth
- 1 1/2 cups thinly sliced carrot
- 1 1/2 cups thinly sliced celery
- 1 bay leaf
- 1/4 tsp. thyme
- 1/4 tsp. pepper
- 4 large boneless, skinless chicken thighs, trimmed of visible fat
- 3/4 cup flour
- 1 tsp. baking powder
- 1/2 tsp. salt
- 1 tsp. chilled margarine, cut in small pieces
- 1/2 cup buttermilk
- 1 tsp. chopped fresh parsley

In nonstick Dutch oven,

bring stock, carrot, celery, bay leaf, thyme and pepper to boil over high heat.

Add chicken. Return to boil. Reduce heat to low. Cover and simmer gently.

In medium bowl, combine flour, baking powder and salt. Using pastry blender or fingers, work in margarine until mixture forms fine crumbs. Add buttermilk and parsley. Stir until just mixed; batter will be slightly lumpy.

Drop by teaspoonful on top of simmering chicken mixture to form 12 dumplings.

Simmer, covered, 25 minutes or until chicken is tender and dumplings look dry on top and feel firm.

Makes 4 servings.



Like many in the German style, this potato salad with bacon and spinach in the mixture is served hot.

Serving of potato salad makes a warm side dish

Many people know they are home when they taste the potato salad.

Does it have olives or pickles? Is it served warm or chilled? Does yellow or Dijon mustard give it tang? Should sugar be added to offset the vinegar? And who would dream of adding garlic?

Fresh potatoes are part of potato salad's basics. Red potatoes are the choice for intact pieces.

Mixing while the potatoes are still warm helps flavors mesh, but hot potato salad usually requires peeling and slicing while they are hot.

To protect fingers, hold the potatoes inside several thicknesses of paper towels and pull off the peel in strips using a paring knife, turning the potato as needed. Slice it while still in the paper towel, then drop the slices into the mixing bowl without hardly touching the hot potato.

Dr. Gabe Mirkin, radio personality and author of "Fat Free, Flavor Full," likes the color and fiber left in potato salad when red potatoes are left unpeeled after scrubbing with a plastic scouring pad.

His "favorite" potato salad mixes 6 red potatoes, boiled until just tender, cooled and diced, with 1/2 cup chopped celery, 1/4 cup

chopped onion, 1/2 cup nonfat yogurt, 1/4 cup Dijon mustard, 2 teaspoons celery seed, 1/4 cup snipped fresh dill and freshly ground pepper to taste. After refrigerating it at least 30 minutes, 1/2 cup nonfat mayonnaise is added just before serving.

For a free recipe brochure, "New Potato Salads from California!" send a self-addressed, stamped, business-size envelope to: California New Potatoes, P.O. Box 2130, Newport Beach, Calif. 92658.

Makes about 4 cups.

GERMAN VARIETY POTATO SALAD

- 1 pkg. (10 oz.) frozen chopped spinach
- 3 or 4 cans (15 oz. each) small whole new potatoes
- 5 strips bacon
- 1/2 cup sugar
- 1 egg
- 1/4 tsp. salt
- 1/4 tsp. seasoned pepper
- 1/4 cup vinegar
- 1/4 cup water

Cook spinach according to package directions. Drain thoroughly. Drain potato liquid into saucepan. Quarter potatoes and add to liquid. Heat thoroughly.

Fry bacon until crisp. Drain bacon, reserving 2 tablespoons drippings in skillet. Crumble.

Mix together sugar, egg, salt and seasoned pepper. Add vinegar and water. Stir gently.

Add egg mixture to reserved drippings in skillet. Heat and stir until mixture thickens.

Drain potatoes and discard liquid. Add to skillet. Mix well.

Add spinach. Gently lift to coat all ingredients.

PARTY POTATO SALAD

- 3 cups cubed, cooked potato, cooled
- 2 hard-cooked eggs, coarsely chopped
- 1 cup sliced celery
- 1 tsp. minced onion
- 1 tsp. salt
- 1/8 tsp. pepper
- 1/2 cup sweet relish
- 1/2 cup mayonnaise or salad dressing
- 1 tsp. mustard

Combine potato, egg, celery, onion, salt, pepper, relish, mayonnaise and mustard. Cover. Chill several hours to blend flavors.

lemonade, thawed, results in a delicious grilled lemon pork chop. Pork chops and roasts can be marinated in a refrigerator from 1 to 24 hours.

To create a glaze with a favorite barbecue sauce, add

a few tablespoons soy sauce or try combining soy sauce and brown sugar with ketchup or barbecue sauce.

To prevent a sauce with sugar from burning, brush glaze on meat when it is almost done grilling.

LEMON MARINADE AND SOY GLAZE

Marinating enhances the flavor of lean meat. A marinade of 3/4 cup soy sauce and 1 can (6 ounces) frozen

TOTAL INFORMATION - PM

- Late Breaking News
- Sports Updates
- Traffic and Weather
- Features/Interviews

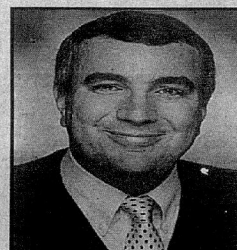
KMOX

News/Talk 1120

The Voice Of St. Louis*



Carol Daniel



Doug McElveen

Tune In Monday through Friday for the News from the Suburban Journals at 4:43 p.m.

4th of July

Whole Butt
**PORK
STEAK**

**Meat
Sale**

3 Lb. Avg.
**SPARE
RIBS**

99¢
LB.

Family Pak
**GROUND
CHUCK**

\$1.89
LB.

**COUNTRY
STYLE
RIBS**

\$1.59
LB.

\$1.29
LB.

**CHICKEN
BREAST**

\$1.29
LB.

**CENTER CUT
PORK
STEAKS**

\$1.29
LB.

**APPLEBEES
RIBLETS**

**HUNTER
SMOKED
SAUSAGE**

\$3.99
3 LB. PKG.

**12 OZ. PKG.
HUNTER
WIENERS**

2/\$1
PK.

10 LB. BOX

**10 LB. BAG
GROUND
BEEF**

99¢
LB.

**HUNTER
BONELESS
HAMS**

\$1.49
LB.

\$1.49
LB.

**LEAN
CHARCOAL
STEAK**

\$1.99
LB.

LEROY'S

SHOP EARLY, SOME SUPPLIES LIMITED
WE RESERVE THE RIGHT TO LIMIT

PRICES GOOD JULY 1 THRU JULY 7

4089 Pontoon RD
931-1213

OPEN
JULY 4
8 AM - 9 PM

PICNIC & BBQ SPECIALS

**REG. &
CAJUN
BRATWURST**

\$1.89
LB.

**SLAW OR
POTATO
SALAD**

10 LB. CARTON

\$9.99

**FIXIN'S FOR
SHISH-K-
BOBS**

\$2.99
LB.



**Kingsford
CHARCOAL**

20 LB. BAG

\$4.99

**BONNY
HAMB. OR HOT DOG BUNS**

8-CT. PKG.
BUY ONE, GET ONE

FREE

24 PK. CANS
PEPSI OR COKE

\$4.49

LIMIT 2

**Kraft
MIRACLE WHIP**

\$1.79
32 OZ. JAR

**Kraft
BBQ SAUCE**

18 OZ. BOTTLES

2/\$1.00

THIS WEEK'S PRICE BREAKERS

**RAINBOW
PAPER
PLATES**

39¢
WITH
BOWL

**BUNNY
BREAD**

49¢
WITH
BOWL

**BEST YET
NAPKINS**

29¢
WITH
BOWL

**BEST YET
BLEACH**

9¢
WITH
BOWL

**BUSH'S
BAKED
BEANS**

28 OZ. CAN

99¢

**KRAFT
PASTA
SALADS**

9 OZ. TO
11.50 OZ.
BOX

99¢

**KRAFT
SALAD
DRESSING**

16 OZ.
BOTTLES

2/\$3.00

**GUY'S
WAVEE
POTATO
CHIPS**

14 OZ. BAGS

2/\$4.00

**Frozen Food
& Dairy**



**PRAIRIE FARMS
ICE CREAM**

\$2.99
GAL. BUCKET

**ORE IDA
MINI COB
CORN**

\$1.19
6 EARS

**COOL
WHIP**

8 OZ. BOWL

89¢

**SHEDD'S
SREAD**

3 LBS. SPREAD

\$1.59

**DEANS
FRENCH
ONION DIP**

16 OZ. CARTON

99¢

**Red Ripe
Missouri
WATERMELONS**

\$3.49
EA.

**DOLE
CLASSIC
SALAD**

1 LB. BAG

99¢

**TASTY
SWEET
CHERRIES**

\$1.89
LB.

**ASSORTED
RAINBOW
DRINKS**

6/99¢
FOR

**SUNKIST
LEMONS**

2 LB. BAG

\$1.69

**RED
SEEDLESS
GRAPE
FRUIT**

5 LB. BAG

\$1.59

**10 LB.
RUSSETT
POTATOES**

LB.

\$1.69

Liquor



**BUD &
BUD LIGHT**

\$8.99
16 PK.

**MILLER
LITE**

\$12.49
30 PK.

**COORS
BEER**

\$11.59
24 PK.

HAMMS

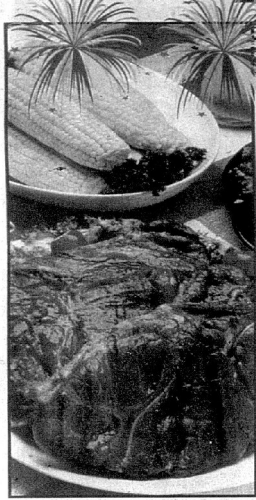
\$3.99
12 PK.

**WINE
COOLERS**

\$2.99
4 PK.

Shop 'n Save

4TH OF JULY VALUES



PORK BUTTS SLICED INTO
Pork Steaks

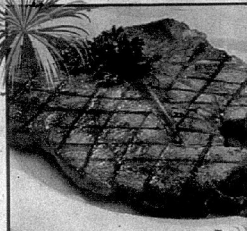
77¢
lb.

LIMIT 3 PKGS. WITH ADDITIONAL \$10.00 PURCHASE

FAMILY PACK
Center Cut
Pork Steaks

97¢
lb.

LIMIT 3 PKGS. WITH ADDITIONAL \$10.00 PURCHASE



USDA CHOICE CORN FED BEEF
Porterhouse
Steak

399
lb.

T-BONE STEAKS \$3.89

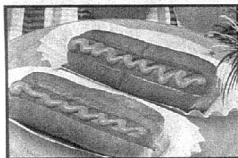
LIMIT 6 T-BONE OR PORTERHOUSE STEAKS
COMBINED WITH ADDITIONAL \$10.00 PURCHASE



DELIGHTFUL FARM
Boneless, Skinless
Chicken Breast

259
lb.

HOLTEN BEEF PATTIES \$3.99 2LB. BOX



ALL MEAT
Hunter
Hot Dogs

69¢
12-OZ.
PKG.

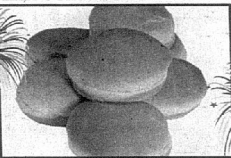
Farmland
Sliced Bacon..... **179**
1 LB. PKG.

REGULAR OR ITALIAN
Farmland
Bratwurst..... **219**
lb.

ALL VARIETIES
FUN PACK
Oscar Mayer
Lunchables... **3/\$5**
12.5 OZ. PKG.

BEEF, PORK OR CHICKEN
Lloyd's
Barbecue..... **499**
1 LB. PKG.

R.B. Rice
Pork Sausage... **189**
1 LB. ROLL



SHOP 'N SAVE
Hamburger or
Hot Dog Buns

67¢
8 TO 12
CT. PKG.

BAKERY DEPARTMENT
Angel Food
Cake..... **2/\$6**
12 OZ. PKG.

SEAFOOD DEPARTMENT
8-8 LB. AVERAGE YUKON RIVER
Alaskan Silverbrite
Whole Salmon..... **299**
lb.

SEAFOOD DEPARTMENT
70-90 COUNT
Cooked
Tail-on Shrimp **599**
lb.

BODY WASH
DOVE SENSITIVE SKIN
Dove, Caress **3/999**
13 OZ. PKG.

ASSORTED VARIETIES
Dove or Caress
Bath Soap..... **199**
2-BAR PKG.



DELI DEPARTMENT
3-BREASTS, 3-THIGHS,
3-LEGS & 3-WINGS
Fried Chicken

699
12-PIECES

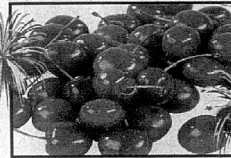
DELI DEPARTMENT, COLE SLAW,
MACARONI SALAD OR
AMERICAN OR MUSTARD
Potato Salad..... **87¢**
lb.

DELI DEPARTMENT
Lorriane
Swiss Cheese..... **399**
lb.

North Star
Patriot Pops..... **99¢**
12.5 OZ. PKG.

ASSORTED VARIETIES
READY TO BAKE
Red Baron
Pizza..... **2/895**
12.5 OZ. PKG.

ASSORTED FLAVORS
Dean's
Ice Cream..... **3/\$7**
1/2 GAL. PKG.



Northwest
Bing Cherries

78¢
LB.

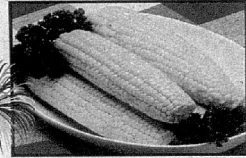
HALVES & QUARTERS
Red Ripe
Watermelon..... **28¢**
lb.

California
Peaches..... **88¢**
lb.

ASSORTED VARIETIES
Bird's Eye
Cool Whip..... **95¢**
12 OZ. PKG.

ASSORTED VARIETIES
Mrs. Smith
Cobbler..... **2/599**
23 OZ. PKG.

ASSORTED VARIETIES
Flav-R-Pac
Vegetable Blends **99¢**
1 OZ. PKG.



FLORIDA IN HUSK
Sweet
Yellow Corn

10¢
EAR

U.S. NO. 1
Russet
Potatoes..... **198**
10 LB. BAG

Arkansas
Tomatoes..... **88¢**
lb.

Gilbey's
Gin..... **1149**
12 OZ. PKG.

CORN ON THE COB
Green Giant
Nibblers..... **199**
12-PACK

CONCENTRATED
Flav-R-Pac
Lemonade..... **3/\$1**
12 OZ. PKG.



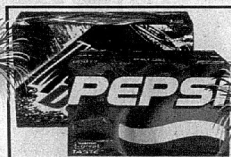
12/12-OZ. CANS, SPRITE
Coca-Cola Classic
or Diet Coke

2/377
LIMIT 3 CANS
COMBINED
COKE OR PEPSI
WITH \$10.00
ADDITIONAL
PURCHASE

FRUIT SUNDROP, BIG RED,
NEW HOOVER OR
Sunkist or
R.C. Cola..... **69¢**
34.7 OZ. BTL.

Shedd's Country
Crock Spread..... **89¢**
16 OZ. PKG.

SHOP 'N SAVE
Shop 'n Save
Rye Bread..... **99¢**
16 OZ. PKG.



24/12-OZ. CANS
Pepsi, Diet Pepsi
or Mountain Dew

397
LIMIT 3 CANS
COMBINED
COKE OR PEPSI
WITH \$10.00
ADDITIONAL
PURCHASE

Mt. Olive
Sweet Relish... **99¢**
16 OZ. PKG.

Kraft Squeeze
Mustard..... **2/99**
5 OZ. PKG.

Kellogg's
Raisin Bran... **2/399**
30 OZ. PKG.



Shop 'n Save Milk

FAT FREE
SKIM MILK..... **199**
GALLON

LOW FAT
1/2% MILK..... **219**
GALLON

REDUCED FAT
2% MILK..... **239**
GALLON

WHOLE
MILK..... **249**
GALLON

C&H Granulated
Sugar..... **97¢**
5 LB. BAG

LIMIT 3 WITH ADDITIONAL \$10.00 PURCHASE

100% PREMIUM
Tropicana
Orange Juice... **2/495**
6 OZ. PKG.

ORIGINAL OR UNSWEETENED
DICAL
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Instant Tea..... **149**
3 OZ. PKG.



ASSORTED VARIETIES
Kraft
Miracle Whip

148
32-OZ. JAR
LIMIT 1

ASSORTED VARIETIES
Betty Crocker
Cake Mix..... **79¢**
16 OZ. PKG.

ASSORTED VARIETIES
Chez
Snack Mix..... **99¢**
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ASSORTED VARIETIES
Doritos
Tortilla Chips **2/495**
14.5 OZ. PKG.



Oral B Indicator
Toothbrush

79¢
EACH
WHILE SUPPLIES LAST

Bull's Eye
Barbecue Sauce. **199**
28 OZ. BTL.

BRIQUETS
Hickory River
Charcoal..... **2/\$5**
25 OZ. PKG.

Campbell's
Pork N Beans **18¢**
15 OZ. PKG.

ASSORTED VARIETIES
Mau's
Barbecue Sauce **99¢**
16 OZ. PKG.

15.1 OZ. HONEY CRUNCH
CORN FLAKES
10 OZ. FROST LOOPS
OR 15 OZ. CORN POPS
Kellogg's Cereal **199**
16 OZ. PKG.

**TOTAL
VALUE**

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1 2 3 4

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Qualified candidates will possess 1+ years of management experience or a college degree. If tremendous growth and career satisfaction are your goals, send your resume today to: Box 8888, Suburban Journals, 1714 Dear Track Trail, St. Louis, MO 63131. EOE

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Accounts Payable Rep
Sight & Sound Distributors, Inc., one of the nation's largest video distributors, located at Page and 170, has an immediate opening for an Accounts Payable Rep. This position will be working with movie studios to process their invoices and credit memos to assure prompt payment. The successful candidate should have 2+ years experience, excellent communication as well as follow-up skills, PC experience, and a calculator by touch necessary. We offer a positive work environment, casual dress code, competitive salary and excellent benefits package. Please send resume with salary history and requirements to:
Sight & Sound Dist., Inc.
Human Resources
2555 Walton Rd.
Overland, MO 63114
Fax: 314-862-5441
(Drug Free Employer)

320 HELP WANTED
ADM. ASST.
MJC Contractors, Inc. has opening for Admin. Asst. Must be exp. in P/R, typing and have good computer skills. Send resume with salary requirements to: Admin. Asst., P.O. Box 500, St. Jacob, IL 62251.
Apply for Job: Job # 2255
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AUTO DETAILERS
1500 HOUR WITH BONUS
We are seeking detailers for 30 day 50k raise. 1500 hour position with incentives. No experience necessary but valid driver's license is required. Must be able to work 2 shifts.
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EOE
Good fringe benefits for full time positions

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Apply in Person
Ask for Jerry or Lardoz
No experience needed
Must be 21 or older
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320 HELP WANTED
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Dry bulk carrier seeking local drivers for its current hauling operation. Applicants must have 2 years of verifiable semi-experience, Class A CDL, be over 23 years old, DOT qualified and drug free. Call: 314-884-3230
800-284-8425

320 HELP WANTED
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Apply in person.
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St. Louis, MO 63132

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An opportunity exists for a lead electrical person in the industrial control panel construction business. The qualified candidate must have thorough knowledge in industrial wiring, N.E.C., P.L.C.'s, power and control circuits. This position is responsible for implementing procedures, ensuring procedures are followed, and supervising 8-12 employees. This is a clean professional environment with a detail oriented, team atmosphere.
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Attn: Human Resources-EMW
802 Forsyth Blvd.
St. Louis, MO 63105
Fax: 314-862-2052
e-mail: b-humans@att.net
www.att.net

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Good tools required
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Must be experienced in sanding and masking. Also in repair of metal. St. Louis Auto Auto Center, 12131 St. Charles Rd. #100, St. Louis, MO 63044
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Thursday, July 9th, 6:00 p.m.
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Successful candidates must pass a TEN YEAR background check and drug screen. Applications for employment will be available at the session. To facilitate the processing of your application, please ensure that your personal history for the last ten years is complete and accurate. You must also bring a copy of your High School diploma or GED certificate and a valid driver's license.
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Experienced dispatcher familiar with the auto industry
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Air Products and Chemicals, Inc., a worldwide manufacturer of industrial gases, has opportunities for experienced OTR drivers in its cryogenic fleet operations at Granite City, IL. We offer:
• Current Mileage Rate of 5.3495 and an hourly rate of \$15.07
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If you meet the following requirements, we may qualify for one of these select openings:
• High school diploma or GED
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• Class "A" CDL with hazmat and tanker endorsements
For consideration, applicants can stop by our Granite City facility to complete an application, or you can send your work history, education, and telephone number to:
AIR PRODUCTS & CHEMICALS, INC.
Attn: Human Resources
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\$15.68 Per Hour
Must have valid Class A CDL
Must live within 100 miles of St. Louis, MO
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Equal Opportunity Employer

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Full Time & Part Time Positions
Part Time Day & Evening Schedules Available
Entry Level to Senior Level
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